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| --- | --- | --- | --- | --- | --- |
| **Date:** |  | | | **Your name:** |  |
| **SLF (number):** |  | | | **Case number:** |  |
| **Activity (what are you reflecting on):** | |  | | | |
| **BEFORE YOU COMPLETE THE ACTIVITY** | | | | | |
| **Brief outline of the case so far** | |  | | | |
| **Aim of the activity; what do you hole to achieve and/or what problems and difficulties do you expect to encounter** | |  | | | |
| **Summarise your plan and the steps you intend to take** | |  | | | |
| **POST ACTIVITY REFLECTION** | | | | | |
| **Brief description of how the activity went** | | |  | | |
| **Your reflections on the result compared to your aims or plans** | | |  | | |
| **What would you do differently next time and why? (If nothing, why?)** | | |  | | |

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| **Pass to your supervisor if you would like comments and feedback** |
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