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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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