



Which experiences, knowledge and skills will you bring to your next assignment or commitment?

Blank white box for writing answers to the first question.

If you could do it all again, with the knowledge and experience you have gained, what would you do differently?

Blank white box for writing answers to the second question.

REFLECTION



For students involved within the Student Union at Chalmers, reflection is an important tool to gain insights and personal growth. With this simple reflection template we want to encourage you to think about you and your groups' process of development – with the sole purpose of maximizing the experience of your commitment.

1/2

2/2

On a scale of 1-10, how would you rate the first half of your year in general? (1 being very unsatisfied, 10 being very satisfied)

On a scale of 1-10, how would you rate the second half of your year in general? (1 being very unsatisfied, 10 being very satisfied)



What can **you as a person** do to improve the rest of the year?

Blank white box for writing individual improvement actions.

Did **you accomplish** what you set out to improve? If yes, how and if no, why?

Blank white box for writing about personal accomplishments.

What can **the group** do to improve the rest of the year?

Blank white box for writing group improvement actions.

Did the **team accomplish** what you set out to improve? If yes, how and if no, why?

Blank white box for writing about team accomplishments.

Reflect on both yourself and your joint efforts as a group:

Individual

Things I have learned

Blank white box for individual learning.

Group

Things our group learned

Blank white box for group learning.

Individual

Things I have learned

Blank white box for individual learning.

Group

Things our group learned

Blank white box for group learning.

HALF TIME



Things I am proud of

Blank white box for individual pride.

Things we should be proud of as a group

Blank white box for group pride.

Things I am proud of

Blank white box for individual pride.

Things we should be proud of as a group

Blank white box for group pride.



Things I can improve

Blank white box for individual improvement.

Things our group can improve

Blank white box for group improvement.

Things I can improve

Blank white box for individual improvement.

Things our group can improve

Blank white box for group improvement.



FULL TIME

