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 group's process of development - with the sole purpose of maximizing the experience of your commitment.

THE YEAR IN GENERAL

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

Which experiences, knowledge and skills will you bring to your next assignment or commitment?
<table>
<thead>
<tr>
<th>HALFTIME</th>
<th></th>
<th></th>
<th></th>
<th>FULL TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2</td>
<td>2/2</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Individual</th>
<th>Group</th>
<th>Individual</th>
<th>Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Things I have learned</td>
<td>Things our group learned</td>
<td>Things I have learned</td>
<td>Things our group learned</td>
</tr>
<tr>
<td>Things we should be proud of as a group</td>
<td>Things our group can improve</td>
<td>Things we should be proud of as a group</td>
<td>Things our group can improve</td>
</tr>
</tbody>
</table>

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

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

**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)**

1 - 

10 -

**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)**

1 - 

10 -

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

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

**Things I have learned**

**Things I am proud of**

**Things I can improve**

**Things we should be proud of as a group**

**Things our group learned**

**Things we should be proud of as a group**

**Things our group can improve**