



Reflective Practice - self-assessment questionnaire

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1. To what extent do you reflect?	0=No; 1=Some; 2=A lot
I make decisions about events as they happen.	
I change my behaviour or actions as events happen.	
I think about events and reasons for actions after they happen.	
I talk to others about events and behaviour after they happen.	
I think proactively after events to plan future action.	
I research/investigate issues to solve problems.	
Total of section 1:	

2. What reflection methods/tools do you use?	0=No; 1=Some; 2=A lot
I write notes which I review (e.g., diary, journal)	
I talk with others	
I explore theories, models, etc., that relates to my issues.	
I seek and get feedback from others about specific events / issues.	
I make image or audio records / interpretations of events / challenges.	
I observe events and situations that involve me carefully.	
Total of section 2:	

3. Do you examine other points of view?	0=No; 1=Some; 2=A lot
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I understand my 'self' views - subjective and objective.	
I empathise with colleagues' / others' viewpoints.	
I seek standpoints of external theories and concepts.	
I look for relevant discussions (e.g., journal, article, conference).	
I look at research / evidence.	
I try to make objective sense of social media.	
Total of section 3:	

4. What assumptions do you question?	0=No; 1=Some; 2=A lot
My own ideas and beliefs.	
Other people's points of view.	
About task-related problems.	
About the way that I think, how and why (metacognition).	
I question books, newspapers, TV, etc.	
I question internet information.	
Total of section 4:	

5. Your ability/freedom to reflect?	0=No; 1=Some; 2=A lot
I have or make time to reflect.	
I have necessary reflection knowledge, methods, and tools.	
I overcome any self-imposed barriers, habits.	
I understand how/why I think as I do (metacognition).	
I am sufficiently empowered personally/at work.	
I am free of negative influences from others.	
Total of section 5:	



Total score of all five sections:	
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Interpreting your scores:

There are a maximum of 60 points available (5 sections, each of 6 questions = 30 questions, max 2pts each).

The total score indicates as follows:

- 0-20 - low interest/opportunity for Reflective Practice
- 21-40 - good potential for using Reflective Practice
- 41-60 - excellent potential for Reflective Practice (or you are already a critical reflector)

The individual element and sub-section scores indicate where you should direct your efforts to improve your Reflective Practice potential and capabilities.

This process itself is a very good example of Reflective Practice, and using a Reflective Practice tool, and if you complete the questionnaire, analyse the results, and decide to take some action, then you are most certainly putting Reflective Practice to very powerful effect.

[Link](#) to a more detailed Reflective Practice Self-Assessment instrument (in pdf) which includes sub-section analysis.

