

Reflective Practice

Are You Self Aware?



Are you self-aware? What does this mean?

Think about how it makes you feel when someone challenges your practice. Do you take constructive criticism positively or negatively?

Task

Choose a buddy and talk about a time when you felt positive or negative about feedback you received.

Example: Think of a time when you:

- Felt out of your depth and needed help.
- Were unsure of where to find something or how to write something down.
- Did not know what a word meant in a document or policy.
- Did not know how to use a piece of equipment or resource.

What do you need to do to make sure you feel okay about asking for help in the future?