SELF-REFLECTION ACTIVITY

Read the self-reflection that follows and identify which characteristic of good self-reflection the employee is practising:

When I was on the committee of the Engineering Student Society, I attended a meeting where things got a bit heated. This was largely because one person refused to budge on a particular issue and wouldn’t let others voice their opinions. There was no structure for providing conflicting opinions and this left the meeting in disarray.

I felt really angry about the situation and didn’t know what to do to fix it, so I stormed out of the room to avoid having to engage with the other committee members.

As a result, basically everyone else gave up on the discussion of that issue and that was the end of the meeting.

Looking back now, I know that I overreacted and I realise that is not the way to resolve things in meetings. In the future, I will need to get a handle on my frustrations and suggest that any committee that I am a part of has a structure in place to allow all opinions to be heard in a constructive, non-threatening manner.

Choose which characteristic aligns with each paragraph:

1. Reflect on YOUR learning and look to the future
2. Include the ‘so what?’ factor
3. Describe the situation AND why things happened
4. Be honest and write about your mistakes

FEEDBACK:

Paragraph one - Describes the situation AND why things happened
Paragraph two - Be honest and write about your mistakes
Paragraph three - Include the ‘so what?’ factor
Paragraph four - Reflect on YOUR learning and look to the future