Reflection Framework

Table 1: Reflection Activity

Reflection Level	Question	Write your reflection to question
Remember/Recall	What did I accomplish?	
Understand	What is most important about what I did in the team activity?	
Apply	Where could I use the skills or knowledge I learned again?	

Analyze	What patterns did I see in my teams and other teams' work?	
Evaluate	What could I have done, or my team could have done, differently?	
Extend	What did I learn about myself that I can use in the future?	