



Reflection Log

Date ___ / ___ / ___

Week ___ of 10

Possible structure

- Background
- Link: thoughts to actions; actions to outcomes; outcomes to req'd standard
- Plan to improve

Possible content for reflection

- Interaction with someone
- How your ethics and/or professional identity are developing
- New skills learned
- Feelings that come up, such as pride, excitement, nervousness, frustration, disappointment, imposter syndrome

Document any additional learning acquired when this reflection was discussed

Student signature _____ Print name _____

Dietitian signature _____
 Print name _____
 CORU registration number DI _____