**Candidate Reflections**

* **To be completed following your case discussion group**
* **You do not have to share this form with your tutor or colleagues**
* **Your reflections can be considered in your learning journal**

**Date: 23/02/23**

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| --- | --- | --- | --- |
|  | Yes or No | Why/Why not? | What can I do? |
| Did I fully participate in the discussion? | N | I didn’t feel too confident | It was the first time, maybe it will get easier |
| Did I present my client congruently? | Y | This was the easiest bit for me, I enjoyed this part | I think I will prepare some information next time |
| Did I offer my perspective to my peers? | N | I felt easier just listening | I will try to make a small contribution next time |
| Was I confident presenting my client? | Y/N | I wasn’t at first but once I started it was easier than I thought it would be | Be less afraid (try to be) |
| Was I confident in offering my views? | N | Just thought other people know more than me | I know it’s not true. Try to remember that |
| Was I the dominant person in the group? | N | I don’t think it’s fair and it’s not my way | I am comfortable with this |
| Was I the quietest person in the group? | Y/N | Most of the time, yes but when it was my turn I felt more confident | Remember I am important too |
| Do I feel that I got my opportunity to speak? | Y | I did have the chance but I wasn’t ready | I think it will get easier |
| Did I make a valuable contribution? | N | I didn’t feel confident to talk about other peoples clients | I think it will get easier |
| Did I feel supported by my peers? | Y | Yes, everybody was really good and didn’t try to make me talk | Try to participate so I support others too |
| Any other reflections and is there anything to address with the tutor? | Y/N | Just keep building my confidence and taking part | |