Resident Self-Reflection Exercise

Name:_________________________________________
Activity:_______________________________________
Date:__________________________________________
PGY: 1 2 3 4

Instructions: When you complete the assigned activity, reflect on the process by answering the statements below.

 What I learned: (explain what you learned about engaging in this activity and how it relates to the learning objective/s)
 What I enjoyed: (write about what you liked most about the activity)
 What I found difficult: (write about any part that you found hard or challenging)
 What I did not expect: (write about any part that surprised you).
 How this experience might impact my future patient-doctor interactions or involvement with my community (write about what impact this activity or experience had on you)

Resident signature:_____________________
Faculty Reviewer:_______________________ Date:______