**Recall a critical incident/event that relates to your learning or practice – an event that was significant to you in some way.**

**Recall a critical incident/event that relates to your learning or practice – an event that was significant to you in some way. Briefly describe the event and context.**

**Now ask yourself the following questions:**

**Why was this incident/event significant to me? (*Reflection)***

**What were my assumptions? *(Critical reflection)***

**Did any of these assumptions relate to my own beliefs or values? If so how? *(Critical reflection)***

**What preconceptions did I have and how might these have influenced what I did or think? (*Reflexivity*)**

**How could I respond differently to a similar incident/event? (*Critical reflection – transformative*)**