# The Critical Incident Questionnaire – Suggested activity

Select one of your units of study that you are currently enrolled in at university and recall the lectures and tutorials you have taken over the last week. We are going to explore some ‘ah ha’ moments.

Timing yourself over a ten-minute period, respond to the following questions:

1. At what moment in the unit this week did you feel most engaged with what was happening?
2. At what moment in the unit this week did you feel most distanced from what was happening?
3. What action that anyone (teacher or student) took in class this week did you find most affirming and helpful?
4. What action that anyone (teacher or student) took in class this week did you did most puzzling or confusing?
5. What about the class this week surprised you the most? (This could be something about your own reactions to what went on, or something that someone did, or anything else that occurs to you.)

Following the reflection:

Has this exercise raised any questions that you could usefully discuss with fellow students or even your tutor, for example clarifying any questions you may have?

Is there any action you can take to re-engage when you feel distanced from what was happening?

Adapted from:  
Stephen D. Brookfield. (1995) *Becoming a Critically Reflective Teacher*. San Francisco: Jossey Bass.