## **Sample**

##  **uOttawa Simulation and Self-Assessment Reflection Tool**

### Sample 1: Simulation session reflection tool

**Name of Program:**

**Date:**

**Name of Session:**

**Session learning objectives:**

1. Are my knowledge or skills up-to-date or consistent with current evidence?
2. What deficiencies or opportunities for improvement in my performance were identified during the simulation?
3. What are the potential barriers to change?
4. My action plan or commitment to change is to:

Other notes:

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### Sample 2: Reflective tool for participants as part of evaluation process

As a result of attending this [name of] course:

1. I am confident that my knowledge or skills that are up-to-date or consistent with current evidence
2. I have identified deficiencies or opportunities for improvement in my performance
3. What learning strategies will be pursued to address the deficiencies?
4. List anticipated barriers.
5. What strategies can be implemented to address barriers?
6. Deadline to review/evaluate change.

Other notes: