

Reflective Assessment tasks

1. Reflective journal

A reflective journal is a form of personal diary that you keep throughout the group project. In it you make regular entries about your group activities, usually after each group meeting, mentioning such things as

- Who was present
- What took place in the group
- Your observation of the groups dynamics
- Your participation in the group
- Your ongoing assessment of the strengths and weaknesses of the group process.
- Final entry: an overall assessment of what you would suggest if the group was to do another project together; what you personally have learned from the process.

2. Reflective essay or exam question

This is a short writing task (the essay is usually about 1500 words) about your group experience. It usually asks you to reflect on your role in the group, that is

- What you did as an individual within the group
- What the group as a unit accomplished
- An assessment of the strengths and weaknesses of both you as a group member and of the group itself.
- The skills you have learned and/or improved by participating in the group (eg giving and taking)

How is it useful?

A journal lets you look back on your own and the group's development. It also helps your lecturer monitor and assess individual and group progress.