



UNIVERSITY OF MAINE AT FARMINGTON
COLLEGE OF EDUCATION, HEALTH AND REHABILITATION

Daily Reflection Log

Choose one or two topics each day and spend 5 -10 minutes recording your reflection. Make as many additional copies as you need.

Class _____ **Date** _____

1. What went well, and why did it work?

2. What needs fine-tuning?

3. What do I need to do to enhance this area of whom do I need to see?