

Rapid Reflection on Learning Questionnaire

Please take a few minutes to respond to the questions below about today's session. When you've finished, we will collect the document and share a copy with you at or before the next class. We will share the responses with the group in an anonymized format. Thanks for taking the time to do this.

1. At what moment in today's seminar did you feel most engaged?

2. At what moment in today's seminar did you feel least engaged?

3. What action that anyone (instructor or participant) took during the seminar today did you find most affirming and helpful?

4. What action that anyone (instructor or participant) took during the seminar today did you find most puzzling or confusing?

5. Was there anything about the seminar today that surprised you? (This could be in relation to your own responses to activities, a new insight, or anything else.)

6. What was/were the key learnings for you from today's session?

7. Is there anything else you would like to comment on?
