The following model of self-reflection is recommended for the purpose of this class:

1. **Describe**
   - What happened?
   - How did it make you think, feel, or behave?
   - How did others react?
   - What were the consequences for you?

2. **Analyze**
   - Why did you think, feel, or behave this way?
   - What internal/external factors influenced you?
   - Why was it similar or different from how others think, feel, or behave?
   - What were the consequences for others?

3. **Understand**
   - What alternatives exist?
   - What are their consequences?
   - How does this compare to what you already knew or thought to be true?
   - What additional knowledge or skills are needed?

4. **Develop**
   - How can you apply your new knowledge and skills?
   - How can you make this your new standard of practice?
   - How can you support others?

**References**