Reflection questionnaire

Please fill in the appropriate circle to indicate your level of agreement with statements about your actions and thinking in this course.

A definitely disagree

B disagree with reservation

C only to be used if a definite answer is not possible

D agree with reservation

E definitely agree

1 When I am working on some activities, I can do them without thinking about what I am doing.

2 This course requires us to understand concepts taught by the lecturer.

3 I sometimes question the way others do something and try to think of a better way.

4 As a result of this course I have changed the way I look at myself.

5 In this course we do things so many times that I started doing them without thinking about it.

6 To pass this course you need to understand the content.

7 I like to think over what I have been doing and consider alternative ways of doing it.

8 This course has challenged some of my firmly held ideas.

9 As long as I can remember handout material for examinations, I do not have to think too much.

10 I need to understand the material taught by the teacher in order to perform practical tasks.

11 I often reflect on my actions to see whether I could have improved on what I did.

12 As a result of this course I have changed my normal way of doing things.

13 If I follow what the lecturer says, I do not have to think too much on this course.

14 In this course you have to continually think about the material you are being taught.

15 I often re-appraise my experience so I can learn from it and improve for my next performance.

16 During this course I discovered faults in what I had previously believed to be right.