

## Sample Self Reflection for Mid-Point of Group Work:

Please write a short paragraph in response to each of the following questions:

- What have you enjoyed the most/the least about getting to know your group members?
- How is your attitude towards your group members demonstrated in how you function within the group?
- How do you demonstrate trust and openness towards the other members and their ideas?
- Do you give honest opinions? If not, why not?
- How much do you feel you can rely on your group members to complete the required task(s)?
- How do you make sure that group members feel supported, encouraged, and appreciated for their work?
- How does the team ensure that all voices are heard?
- Do you participate willingly in the discussion? If not, why not?
- Do others appear to understand your ideas? If not, why not?
- What do you do if another person's ideas are unclear?
- What do you focus on when others speak? How could you improve your listening skills?
- How do you respond to others' ideas? How do they respond to yours? What could be improved?

*(Note: above was adapted from <https://uwaterloo.ca/centre-for-teaching-excellence/teaching-resources/teaching-tips/tips-students/being-part-team/teamwork-skills-being-effective-group-member>).*

## Sample Self Reflection Prompt for End of Group Work:

- In 2-3 single spaced pages, please describe what have you learned, about yourself and about working in a team, by participating in sustained collaborative work this semester. Consider what you learned about working styles, in-person and electronic communication (listening and expressing yourself), collaborating and integrating different ideas, overcoming obstacles, and getting your project to the finish line. Provide specific examples when possible. What might you do differently next time you engage in team work?