

[Home](#) › [PSE Site Activities](#) › Reflection

Reflection

Reflection is an optional section but it is key in helpful you learn from your experiences and recognizing which practices are useful for similar kinds of PSE work.

1. Should you decide to give your feedback you may choose to complete any part of the reflection that seems relevant to you. This includes marking which aspects of the process seem the most challenging, indicating the assets to PSE work, as well as the barriers to PSE work. You also have the option to share additional comments and feedback about the PSE work here.
2. When you are finished click **Save** to finalize the entry or **Save and continue** to navigate to the "Mark as Complete" section.

Notes

- **Assets:** A circumstance, person, or input that aids in the achievement of a specific goal or objective.
- **Barriers:** A circumstance or obstacle that impedes the achievement of a specific goal or objective.
- Some assets may also be barriers. For example, staff turnover may be an asset if low or a barrier if high. Leaders / Champions may also be an asset if strong ones are involved, or a barrier if no strong leaders or champions are involved.

I found this article helpful

I did not find this article helpful

Powered by