

Critical Reflection Log  
(CRL)

Name \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

*Critical reflection is an important part of the learning process. It deepens learning and helps one to assimilate classroom information as it relates to your practicum experiences. The CRL serves as an instructional tool and can be used by field instructors and faculty liaisons. Your faculty liaison and or your field instructor may require you to submit a CRL on a regular basis. The questions posed in the CRL serve as a guide to help you critically reflect on your practicum experiences. The overall intent is to facilitate a connection between classroom knowledge and actual practice.*

Choose a recent practicum experience and briefly describe the event. Provide very specific detail regarding a very specific somewhat significant experience. Be clear and concise in your description.

Describe as completely as possible your feelings and emotional reactions you were aware of during the experience. Write about what was going on inside of you – not about others associated with the experience. This is about you.

Identify relevant individual issues (micro issues/small systems). This may relate to the client or other individuals associated with the experience.

Identify relevant small group issues (this could be family or a small treatment group).

Identify relevant larger system issues (community, neighborhood, culture).

What did you learn from this experience? What unanswered questions remain?