

# Reflection: After Learning a New Skill

USE AFTER YOUR FIRST FEW ATTEMPTS AT SOMETHING NEW

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**NAME****DATE****SKILL**

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**WHERE PRACTISED (TRAINING SESSION / ON SHIFT / SELF-DIRECTED)****NUMBER OF ATTEMPTS / REPS**

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## What felt automatic, and what needed conscious thought?

New skills usually have a mix of both — naming the split helps you see exactly where the remaining work is.

## Where did it break down, if it did?

A fumbled step, a forgotten sequence, hesitation under pressure — be specific.

## Confidence: before this practice → after this practice

**BEFORE (1–5)**

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

**AFTER (1–5)**

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

## What kind of gap is left, if any?

Knowledge (don't know the fact) / Skill (haven't repeated it enough) / Reasoning (can't combine it under pressure) / Confidence (competent but don't trust it).

## Your next deliberate practice step

Specific and scheduled beats vague and someday.

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**SIGNATURE**

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**DATE COMPLETED**

Practice Makes Perfect — FREC4 to FREUC5 Clinical Development Programme.