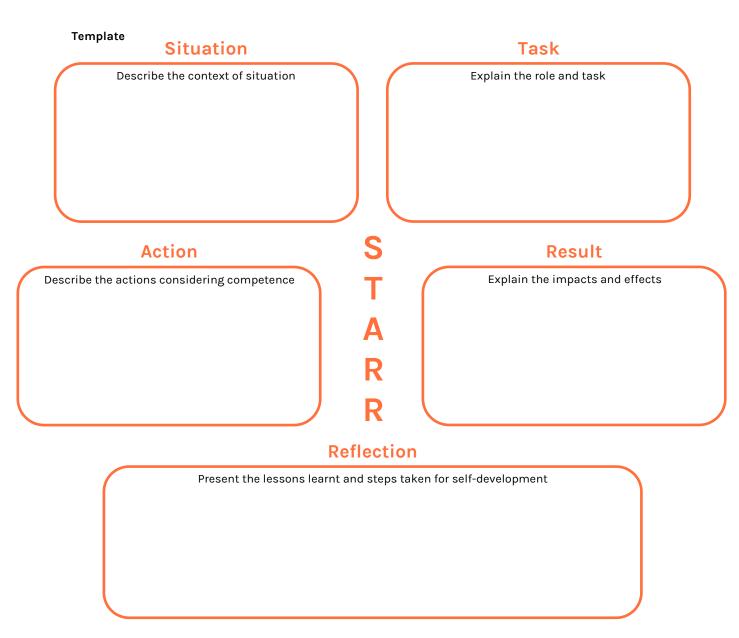


## STARR Method for Reflection

STARR method breaks down reflection into five steps: starting from describing the general Situation and Task, through the Action taken, to analysing the Result, and finally, formulating the lesson learnt. This technique provides a guideline to analyse reactions, showcase qualities and recognise competencies.



Source and further information: <a href="https://www.toolshero.com/personal-development/starr-method/">https://www.toolshero.com/personal-development/starr-method/</a>







