



TOOLKIT RESOURCES

Youth  
Co-research  
TOOLKIT 

# Self-reflection journal



**CRIS**  
Centre for Resilient  
and Inclusive Societies



**YOUNG &  
RESILIENT  
RESEARCH  
CENTRE**

**cmj**  
Centre for  
Multicultural Youth



**WESTERN SYDNEY  
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# Researcher Self-reflection Journal

The purpose of this journal is so that as you build your skills and experience as a researcher, you can reflect on your goals, achievements, thoughts, feelings and challenges. As you document these, you will be able to identify your experiences, strengths, and areas for development. You can use the prompting questions here as a starting point to reflect on your experiences of research.

# Reflecting on the beginning...

→ What do I want out of research?

→ What do I want to achieve in the next month?

→ What do I want to achieve in the next year?

→ What am I feeling confident about?

→ Where do I want to upskill?

→ What am I feeling unsure about? What are my doubts?

→ What expectations of research do I have?

# Reflecting as I gain new research experiences and skills...

→ What was I involved in? What was my role?

→ What did I achieve/contribute to?

→ What have I learnt?

→ Who have I connected with?

→ What did I enjoy the most?

→ What challenged me?

→ What surprised me?

→ Did it go as expected? Why/why not?

→ What can I improve on? How?

# Reflecting on my journey...

→ **What did I learn?**

→ **What did I achieve? Was this different to what I thought initially?**

→ **Where do I want to go from here? How can I get there?**

→ **What inspires me?**

→ **What motivates me?**