

Reflection Milestone

Sub-competencies	Novice Learner (Level 1)	Intermediate Learner (Level 2)	Competent Learner (Level 3)	Exceptional Learner (Level 4)
1. Identifies the specific thoughts/actions the person is thinking about.	RARELY identifies the specific thoughts/actions attentively and critically in an exploratory fashion.	SOMETIMES identifies the specific thoughts/actions attentively and critically in an exploratory fashion.	OFTEN identifies the specific thoughts/actions attentively and critically in an exploratory fashion.	CONSISTENTLY identifies the specific thoughts/actions attentively and critically in an exploratory fashion. needs
2. Thinks about the specific thoughts/actions attentively and critically in an exploratory fashion.	RARELY thinks about the specific thoughts/actions attentively and critically in an exploratory fashion.	SOMETIMES thinks about the specific thoughts/actions attentively and critically in an exploratory fashion.	OFTEN thinks about the specific thoughts/actions attentively and critically in an exploratory fashion.	CONSISTENTLY thinks about the specific thoughts/actions attentively and critically in an exploratory fashion.
3. Shows awareness of the conscious/unconscious conceptual framework(s) that underlies the thoughts/actions.	RARELY shows awareness of the conscious/unconscious conceptual framework(s) that underlies the thoughts/actions.	SOMETIMES shows awareness of the conscious/unconscious conceptual framework(s) that underlies the thoughts/actions.	OFTEN shows awareness of the conscious/unconscious conceptual framework(s) that underlies the thoughts/actions.	CONSISTENTLY shows awareness of the conscious/unconscious conceptual framework(s) that underlies the thoughts/actions.
4. Consider changes in terms of the person's conscious/unconscious conceptual framework.	RARELY consider changes in terms of the person's conscious/unconscious conceptual framework.	SOMETIMES consider changes in terms of the person's conscious/unconscious conceptual framework.	OFTEN consider changes in terms of the person's conscious/unconscious conceptual framework.	CONSISTENTLY consider changes in terms of the person's conscious/unconscious conceptual framework.
5. Engages in the above steps iteratively over time.	RARELY engages in the above steps iteratively over time.	SOMETIMES engages in the above steps iteratively over time.	OFTEN engages in the above steps iteratively over time.	CONSISTENTLY engages in the above steps iteratively over time.