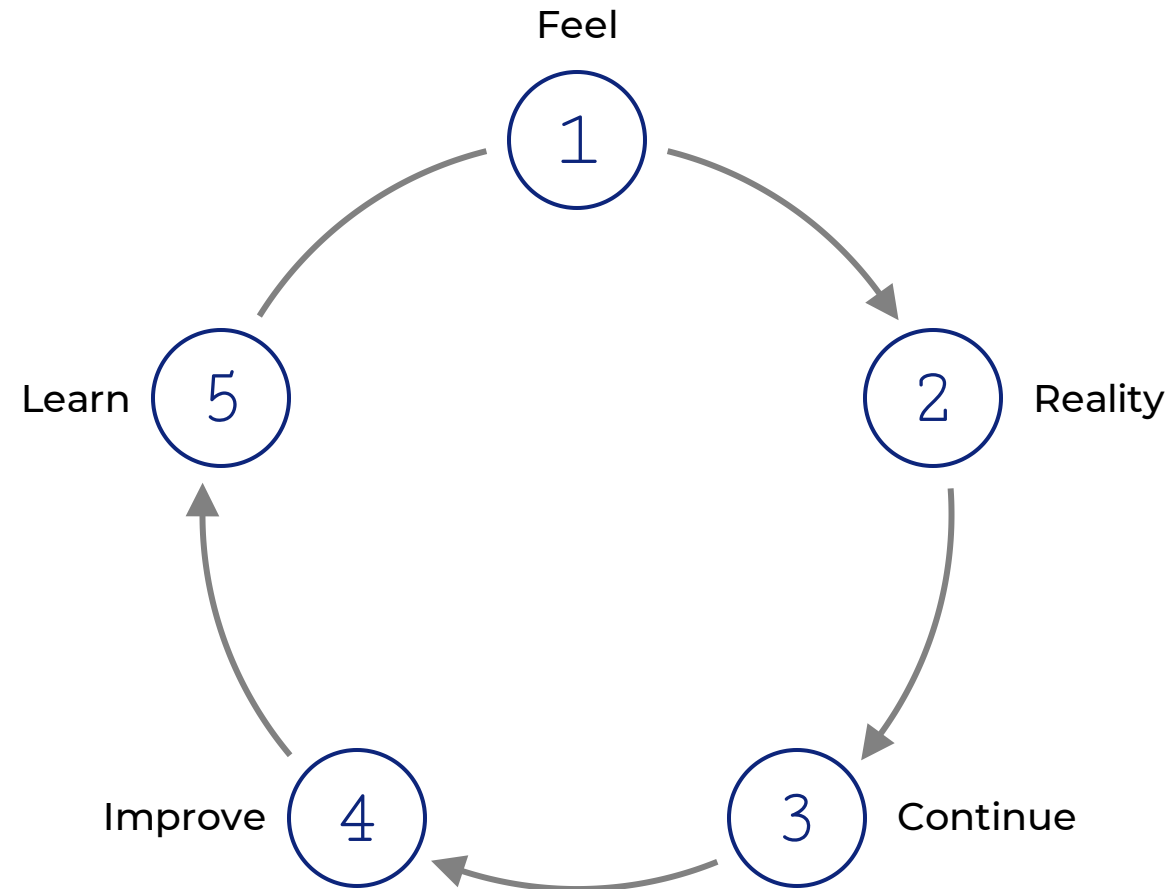


# Post-Round Reflection

# Overview



# Why?

1

## **Systematic Evaluation**

Assess performance objectively

2

## **Practice Plans**

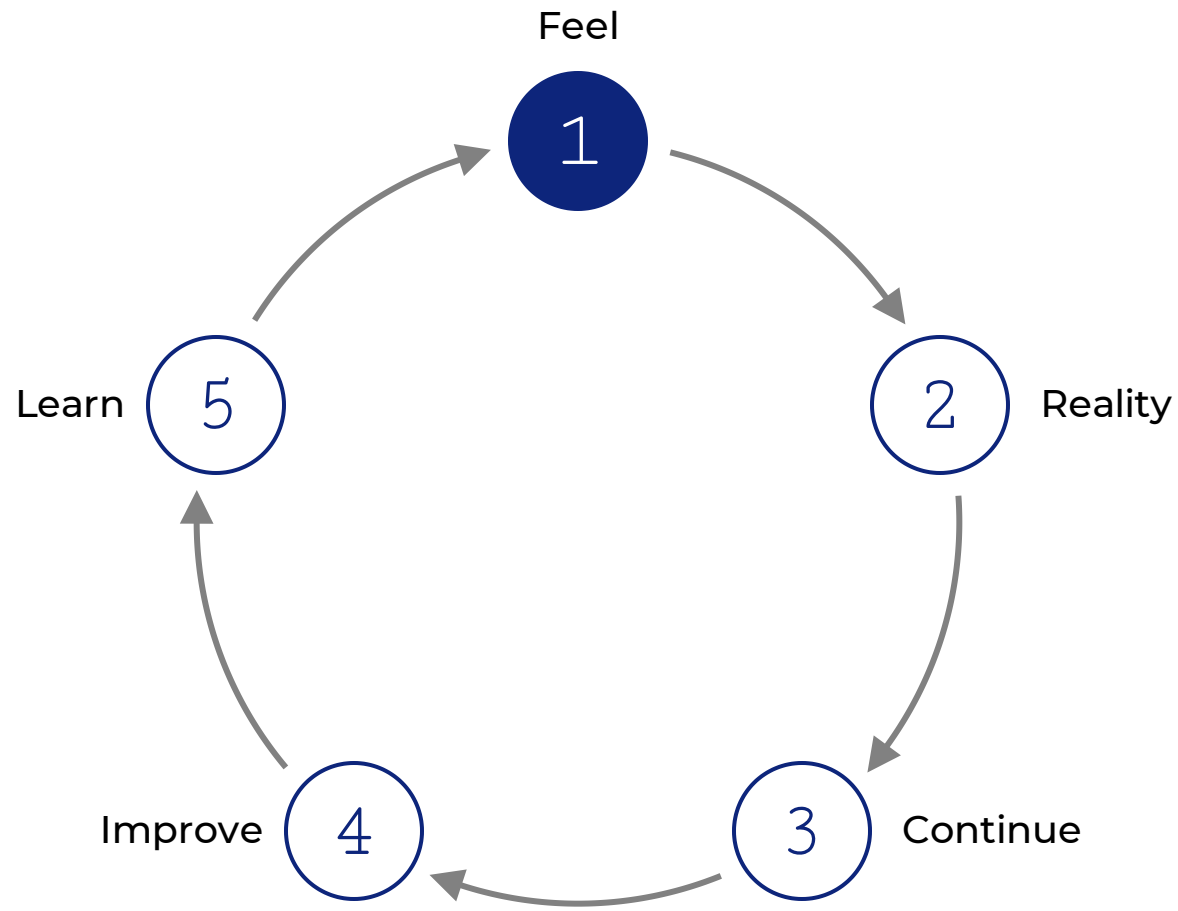
Identify improvement opportunities

3

## **Closure**

Process emotions/feelings and "move on"

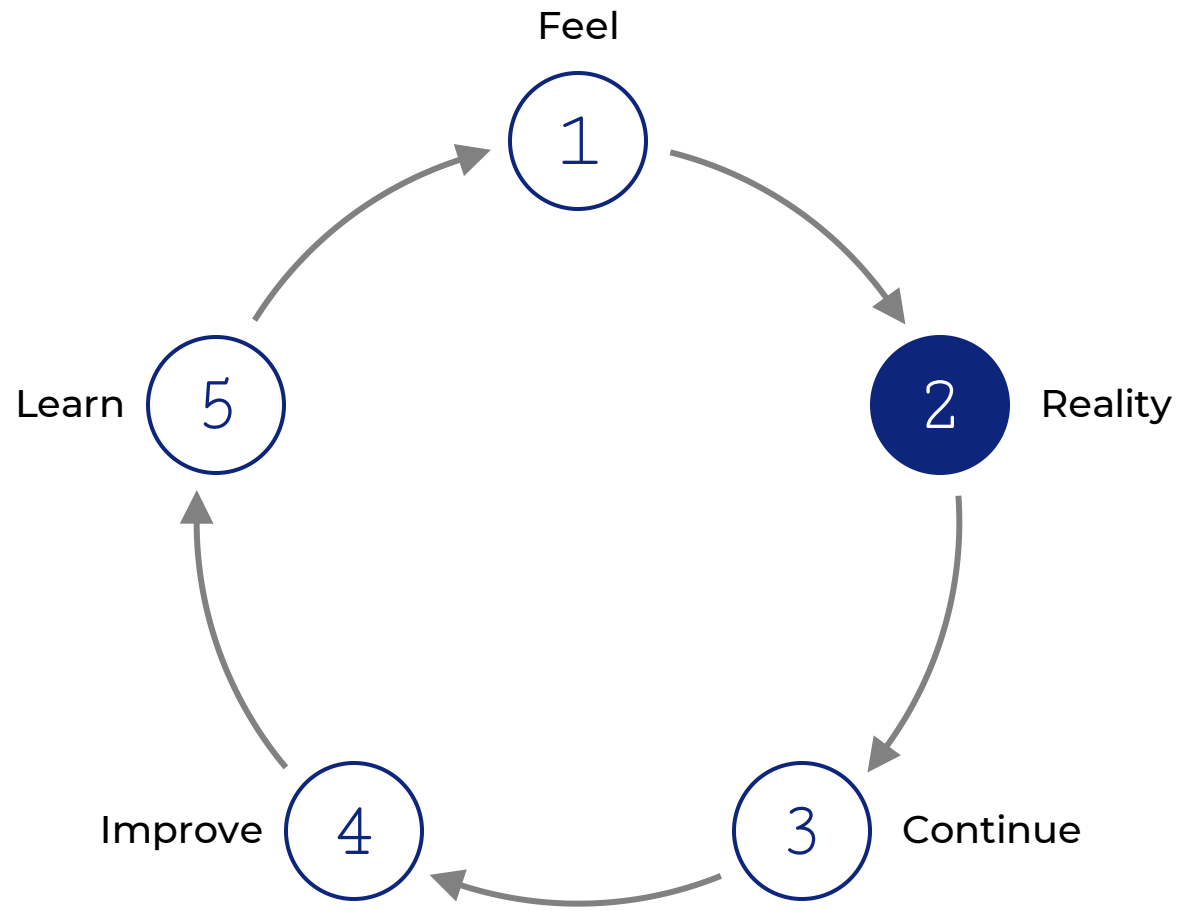
# Feel



## Key Question

- How do you feel about your performance?

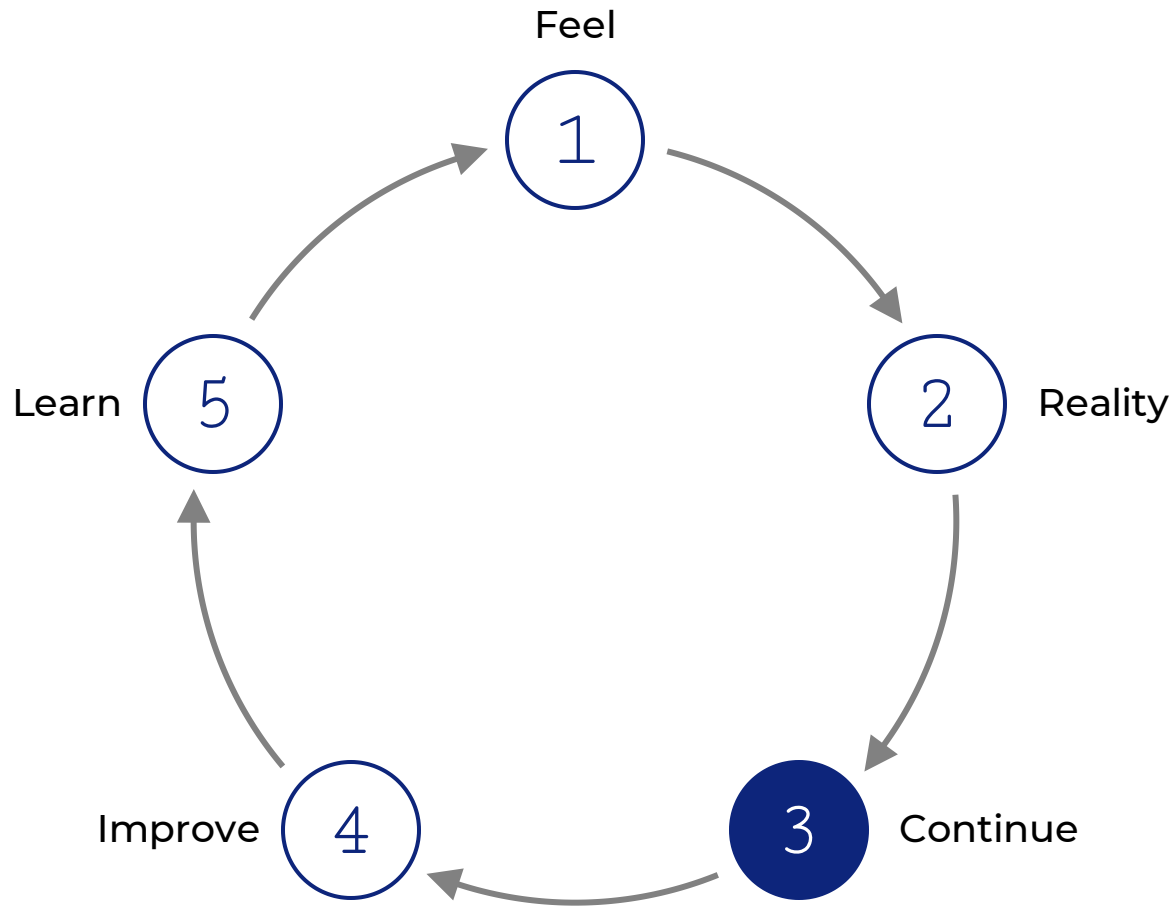
# Reality



## Key Questions

- Where did you lose the most strokes?
- Where did you gain the most strokes?
- How does your perception of your performance differ from what the data suggests?

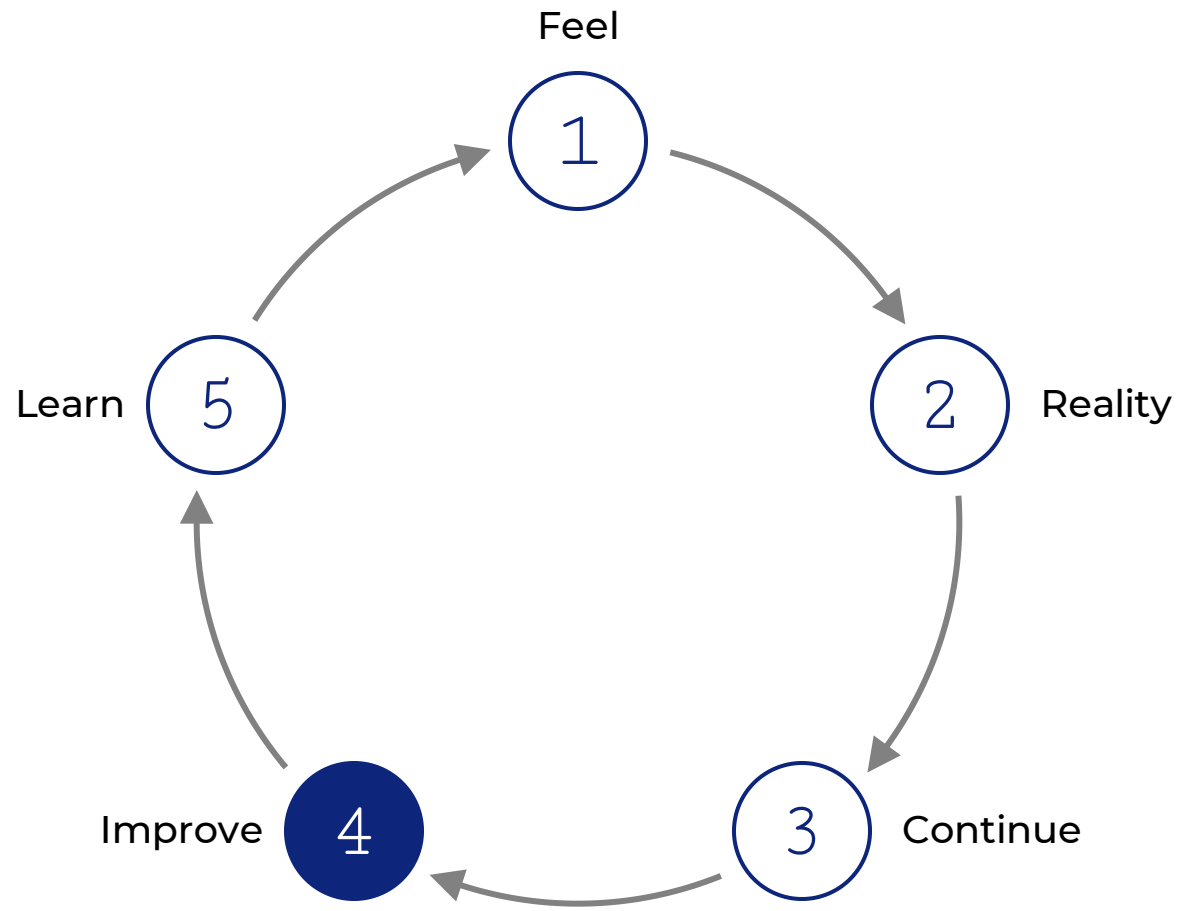
# Continue



## Key Question

- What strengths or successes did you demonstrate in this event that you aim to sustain and build upon moving forward?

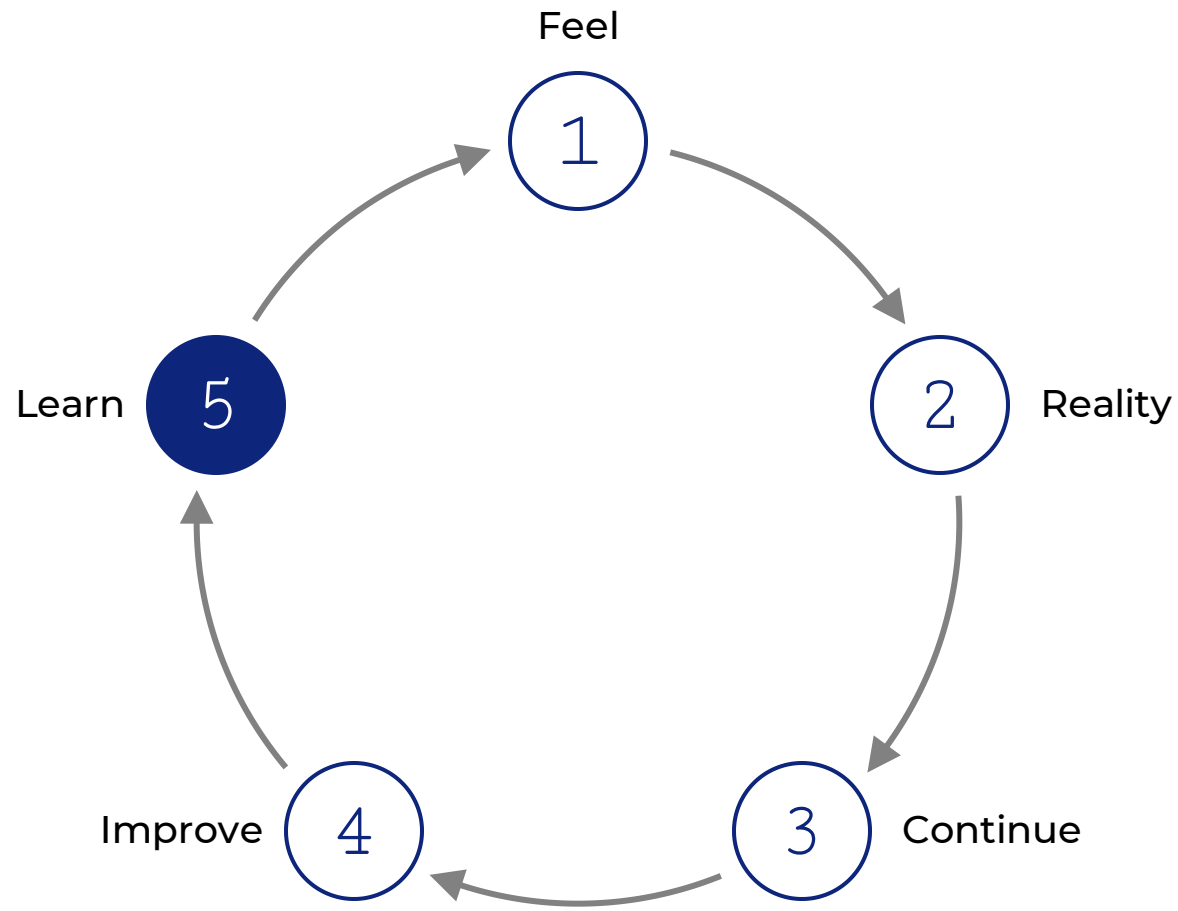
# Improve



## Key Questions

- What didn't go well in this event that you want to improve upon before the next one?
- What specific actions do you intend to take in order to enhance those areas before the next event?

# Learn



## Key Question

- What did you learn through competing in this event?



We do not learn from experience, we  
learn from reflecting on experience

John Dewey