

Name: _____ Event: _____

Now that the competition is over, reflect back on how you got to the end so that we can learn from your mistakes and successes.

	What to Expect	Tips to Success
Event Description	Describe this event. What do you have to do for this event? Describe what happened from the time you stepped into the competition room.	Why would you do this event? Why is this event beneficial?
Before competition	How did you study/prepare?	What tips would you have for someone who is going to do this next year? What or who COULD you have used to help you better prepare for this event?
Reflection	What is your overall assessment/evaluation of this entire event? What was the most challenging part? Most exciting? How were you feeling before, during, and after the event? Make sure to mention each of the parts of the event including the competition, convention, awards/banquet, social activities, etc.	