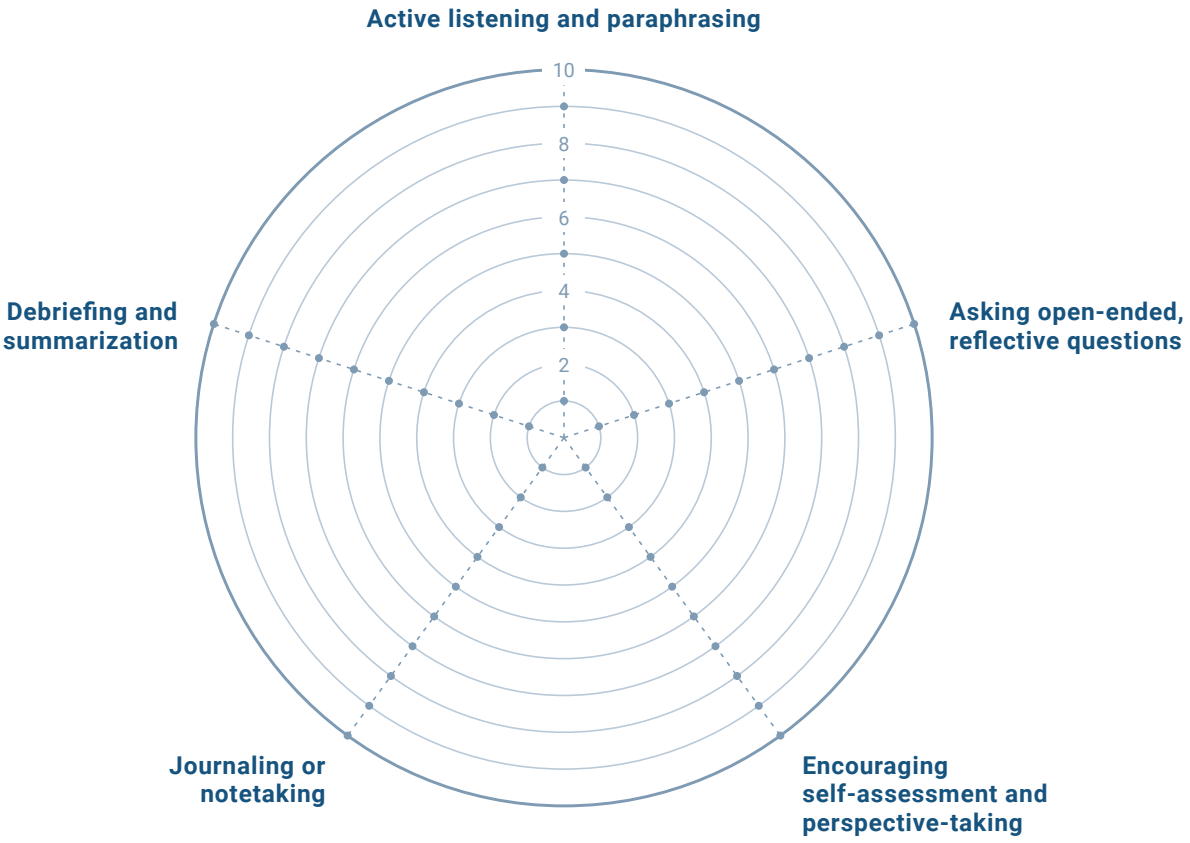
Peer Mediator Reflective Wheel

Annex 29 · Module 9: Reflective Critical Thinking Case Studies

The wheel is divided into five sections, one for each area. On each axis, mark how confident you feel today, on a scale from 1 to 10. Then connect the dots to see the shape of your skills wheel. This is not about right or wrong; it's about noticing where you are now.

1 = I don't know this yet or don't use it	**5 =** I can do it sometimes	**10 =** I can do it confidently in real situations



What each area means

Active listening and paraphrasing
I summarize what I heard in my own words and check that I understood it correctly.

Asking open-ended, reflective questions
I ask questions that let the other person think out loud, not just answer yes or no.

Encouraging self-assessment and perspective-taking
I encourage the parties to see the situation from the other person's viewpoint too.

Journaling or notetaking
I write down what happened so that I can learn from it.

Debriefing and summarization
At the end, I review what worked and what I'll change next time.

What I take away from this session

Name: _____ Date: _____

Co-funded by the European Union

DEQ-2023-2-SK02-KA220-YOU-000177746