

# ORID Reflection Method

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ORID is an acronym for 4 ways to think about a situation reflectively. They include:

**Objective, Reflective, Interpretative, and Decisional.**

Using this method supports us to see a situation comprehensively and rely less on emotional reactions alone.

**TO DO:** Practice using the template on the following page in at least 2 situations over the next week and reflect on how the strategy supports your understanding of the situation.

The template is formatted for a behavioral concern with a student but you may choose any situation and apply the framework.

## **Sample Journal Reflection Entry Template**

**Date:** \_\_\_\_\_ **Student's Gender:** \_\_\_\_\_ **Student's Race:** \_\_\_\_\_

### **Describe the behavioral incident.**

*Prompts: What did you see? What Happened? What was done or said?*

### **Reflect on the behavioral incident.**

*Prompts: How did it make you feel? Where were you surprised? Where did you struggle?*

### **Consider the significance of the behavior incident.**

*Prompts: What was happening? How did it impact other areas? What insights arise?*

### **Describe your response to the behavior incident.**

*Prompts: What did you do? What drove your decision-making?*

### **Describe your overall takeaways.**

*Prompts: In hindsight, do you have new reflections about the incident? Would you do anything different? How might the incident have been prevented? What did you learn?*