

Reflective Practice

Writing & Thinking Reflectively

Writing & thinking reflectively is essential to an awareness of the experiences you have been a part of. However, writing or thinking reflectively is much more than we often believe it to be. Here are some key ideas to keep in mind when tasked with reflective writing.

TYPES OF REFLECTIVE TASKS/ASSIGNMENTS

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| 01 . WEEKLY JOURNAL | Describes and considers the relevance of class or internship work during a specified period. |
| 02 . LEARNING DIARY | A shared diary with personal reflections that are available to other team/group members. |
| 03 . LOG BOOK | Can be used as a reference for future challenges or issues that crop up. |
| 04 . REFLECTIVE NOTE | Short notes that can be kept on a regular basis in order help future decision-making processes. |
| 05 . DIARY | Kept daily as part of your summaries after a lecture. |
| 06 . PEER REVIEW | Justify your commentary which can follow the "What, So What, Then What" model quite closely. |

What?

Always describe using language that is specific to the discipline.

So What?

Find direct evidence that links the experience to a course specific context - justification.

Then What?

Transfer of the experience to another context. Ability to connect disparate ideas with a common theme.

REFLECTION

KEY STEPS

WHAT? | Describe the experience or activity in detail.

SO WHAT? | Connect the description of your experience to the course theme or concept.

THEN WHAT? | Relate the experience to a future application. Consider how the experience might impact on you beyond the course.

