



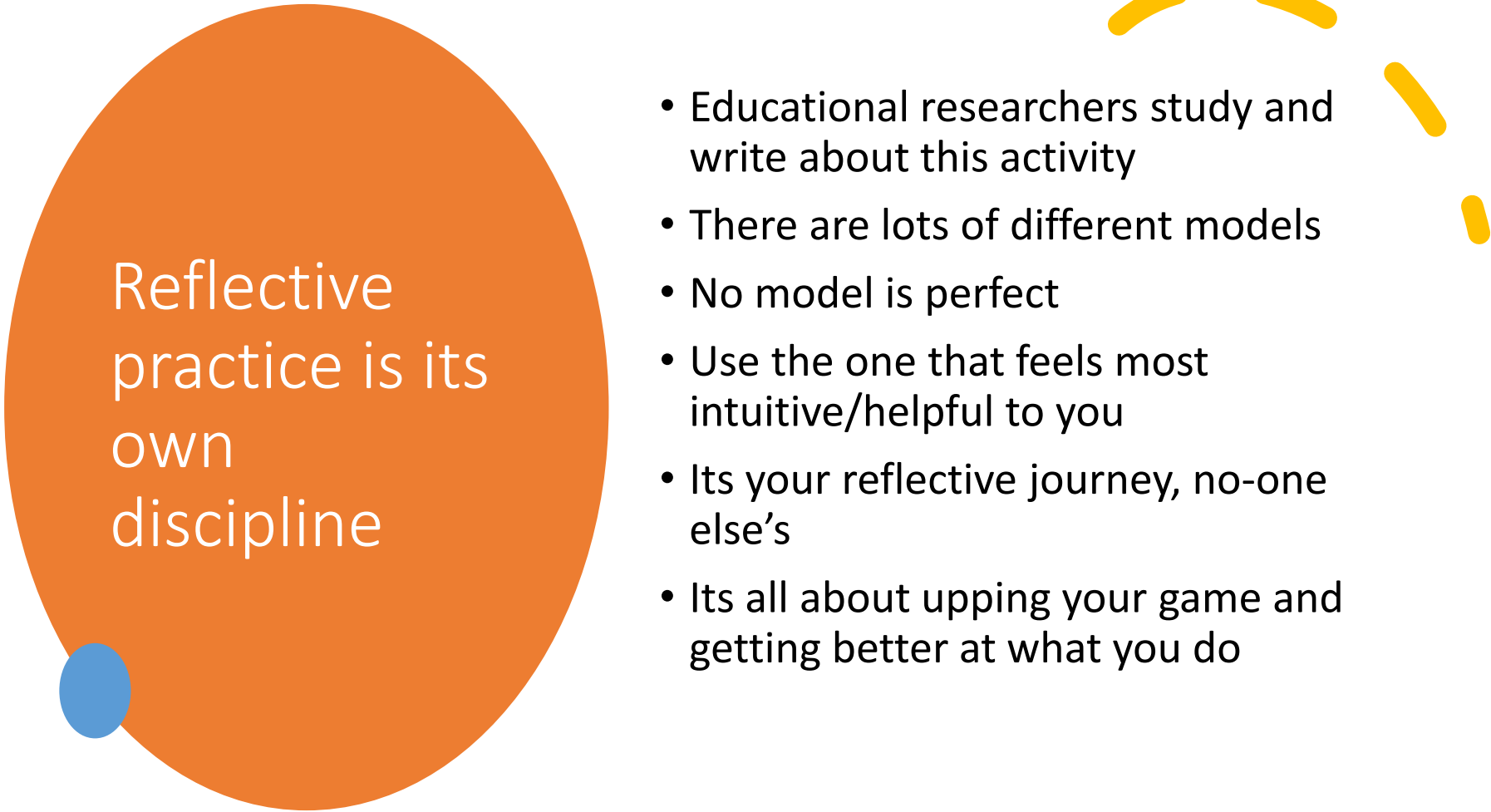
# Reflective practice workshop for PH Practitioners

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Today...

- understand why we undertake reflective practice
- explore how you personally can use reflection to improve your effectiveness and impact
- understand what we mean by reflective practice in the context of PHP registration
- have an opportunity to work on a reflective piece of writing as part of your portfolio submission
- work with other PHP applicants in a supportive environment



Reflective  
practice is its  
own  
discipline

- Educational researchers study and write about this activity
- There are lots of different models
- No model is perfect
- Use the one that feels most intuitive/helpful to you
- Its your reflective journey, no-one else's
- Its all about upping your game and getting better at what you do

# Gibbs Reflective Cycle



# Kolb's Experiential Learning Cycle



# Borton's 3 stem qs adapted by both Driscoll and Rolfe

What	So What	Now What
...happened? ...did other people do who were involved in this? ...was my reaction to it? ...is the purpose of returning to this situation?	...did I feel at the time? ...are my feelings now, after the lesson? ...were the effects of what I did/did not do)? ...positive aspects now surface from the experience? ...have I noticed about my teaching behaviour in practice as a result? ...observations do any colleague make of the way I acted? ...is the purpose of returning to this lesson?	...are the implications for me, others? ...difference does it make if I choose to do nothing? ...is the main learning that I take from this reflection? ...help do I need to help me 'action' the results of my reflections? ...aspect should be tackled first?

# Pros and cons of using a model?

## Pros:

- A starting point for reflection
- A way to structure your thinking
- Helps you consider all aspects of the situation or experience
- With practice it will become a part of everyday practice

## Cons:

- A linear process
- Tendency to 'complete the cycle' and stop
- To be effective – reflection must be a continuous and iterative process

For me, the [most]	{ meaningful significant important relevant useful	{ aspect(s) element(s) experience(s) issue(s) idea(s)	was (were)...
			learning

Previously, At the time, At first Initially, Subsequently, Later,	}	I	{ thought (did not think)... felt (did not feel)... knew (did not know)... noticed (did not notice)... questioned (did not question)... realised (did not realise)...

[Alternatively,] [Equally,]	This	{ might be is perhaps could be is probably	{ because of... due to... explained by... related to...

This	{ is similar to... is unlike...	because...

[Un]Like...	this	{ reveals... demonstrates...
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Having	<ul style="list-style-type: none"> <li>read...</li> <li>experienced...</li> <li>applied...</li> <li>discussed...</li> <li>analysed...</li> <li>learned...</li> </ul>	I now	<ul style="list-style-type: none"> <li>feel...</li> <li>think...</li> <li>realise...</li> <li>wonder...</li> <li>question...</li> <li>know...</li> </ul>
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<ul style="list-style-type: none"> <li>[Additionally,]</li> <li>[Furthermore,]</li> <li>[Most importantly,]</li> </ul>	} I have learned that...
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I have	<ul style="list-style-type: none"> <li>significantly</li> <li>slightly</li> </ul>	} { developed improved	} { my skills in... my understanding of... my knowledge of... my ability to...
However, I have not [sufficiently]			

This means that...  
This makes me feel...

This knowledge	} { is could be will be	} { essential important useful	} { to me as a learner [because...] to me as a practitioner [because...]
This understanding			
This skill			

Because I	<ul style="list-style-type: none"> <li>did not...</li> <li>have not yet...</li> <li>am not yet certain about...</li> <li>am not yet confident about...</li> <li>do not yet know...</li> <li>do not yet understand...</li> </ul>	I will now need to...
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As a next step, I need to...

# Remember, reflective writing:

Is

- Written in the first person –I and me
- Analytical
- Subjective
- A tool to challenge your thinking and assumptions
- An investment of time for the future

Isn't

- Written in the third person
- Descriptive –it goes beyond describing what happened
- What you think is the correct thing to say
- A waste of time



## Reflective writing for your portfolio

Reflective writing will:

- give structure to your narrative
- help to demonstrate understanding
- will show that you are learning from what happened
- will show that you are 'continually developing your own practice'
- go way beyond your portfolio as an important professional discipline



# A helpful resource:

<https://www.fph.org.uk/media/1283/fph-tips-on-writing-effective-reflective-notes.pdf>