

Reflective account

The aim of this reflective piece is to allow you to reflect on your time at your placement.

Reflection deepens the learning process. The act of reflecting enables us to make sense of what we've learned, why we learned it, and how each advancement of learning took place. Moreover, reflection is about linking one advancement to the wider perspective of learning - heading towards seeing the bigger picture. Through reflection, learning is integrated, internalised and personalised. Thinking about an experience is essentially a cognitive activity, but reflection is also emotional and physical and is linked with our values and social identity. Viewing issues from different perspectives challenges assumptions and established patterns of behaviour and encourage the development of new ways of seeing.

Think about some of the things below when writing your reflective account. Make brief notes on anything you have learned. You can use the following questions as a prompt:

- What do you know now that you didn't know before?
- Have you done anything completely new?
- Did anything surprise you? For example, about information, you found out, the way that your colleagues dealt with an issue or the way you reacted to anything that happened?
- Did you find anything challenging? Why?
- Did you find anything satisfying? Why?
- Were there any problems? How did you resolve them? If you were faced with the same problem again, would you do anything differently?
- Are there things you need to improve?
- What emotions did you experience/feel?
- You should note positive experiences and achievements as well as any difficulties. Provide examples of what you are discussing, and don't be afraid to comment on examples of proactive approaches you took whilst in placement.

Helpful models for engaging in reflective practice.

The following are common models or frameworks that support the engagement of reflective practice in learning, professional development and personal growth. You are encouraged to explore these various models with experiences that you will have within your degree, such as placement experience, critical thinking skills, and reflection within your research.

Kolb's Experiential Learning Cycle

Reflective Framework – Donald Schön (1987)

Gibbs Reflective Cycle (1988)

For detailed information on the above models, [click here](#).