



A vertical advertisement for Xcel Furniture. At the top is the Xcel logo with 'dodrefn xcel furniture' underneath. Below that is a large yellow banner that says 'Now Open!'. Under the banner, it says 'XCEL FURNITURE Your low-cost furniture centre'. A paragraph of text follows: 'Xcel Furniture provides a free collection service of re-usable items to assist people who find themselves in difficult personal situations or financial crisis.' Another paragraph says: 'If you would like to donate items please contact us on 01267 225995. You can also support the project by purchasing quality, low cost furniture and white goods from our showroom situated on the Xcel Bowl site Johnstown, Carmarthen SA31 3BP'. At the bottom, it says 'to book a collection call 01267 225995' and includes the website 'www.xcelfurniture.co.uk/projects' and 'www.xcelfurniture.co.uk' with the phone number '01267 225995' again. There are also several small logos at the bottom.



EC SO6004: Sustainable Communities & Global Development

Tutorial: What Is Reflective Practice?



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My experience of reflective writing

- Teaching practice (PGCE)
- Youth Work
- Careers Wales
- Introduction to Counselling

Reflective Practice: What does it mean?



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Reflective Practice – Why do we do it?

Discuss the concept of Reflective Practice in small groups

What does it involve?

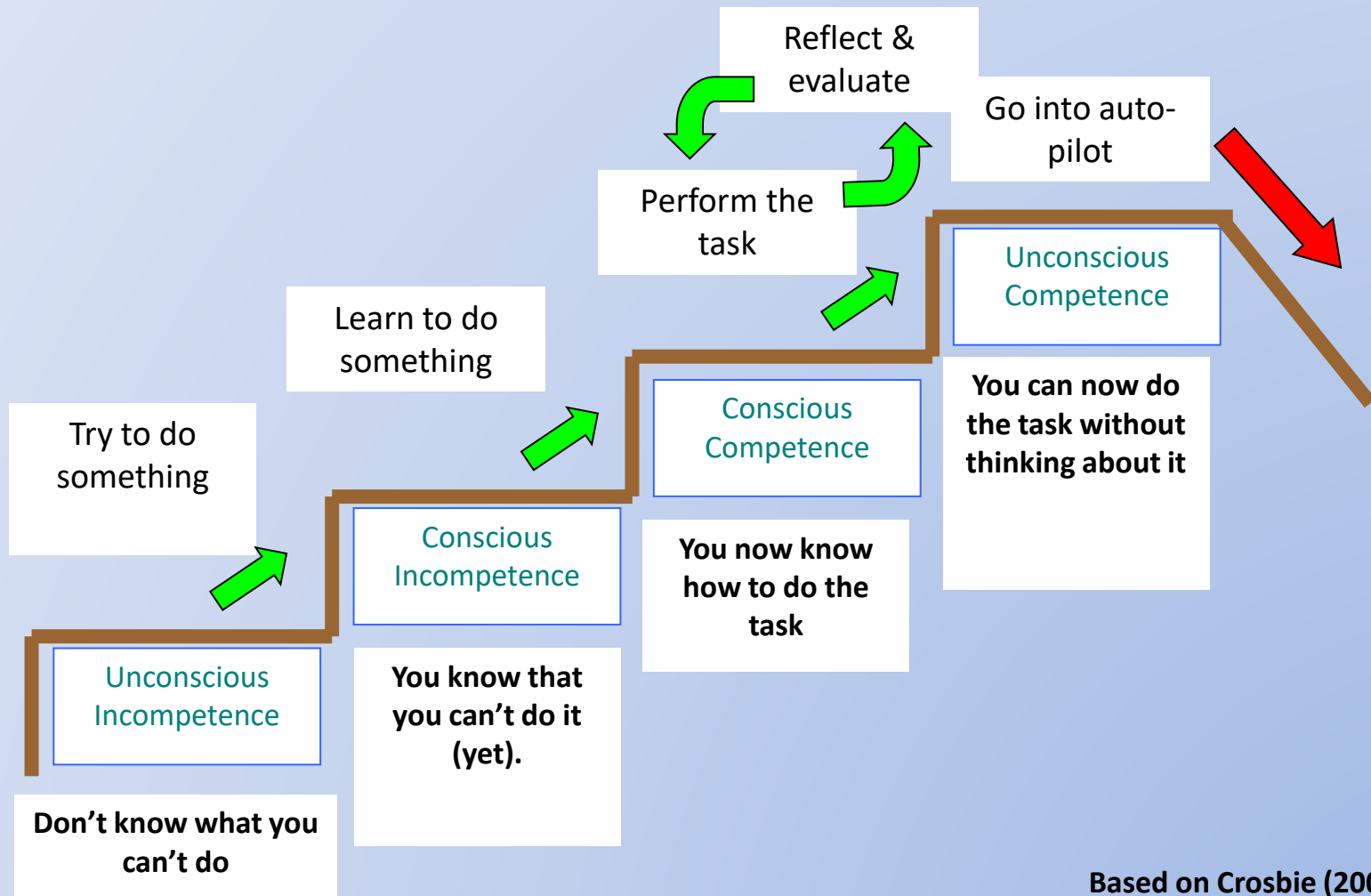
Why do we do it?

Feedback to your Tutor



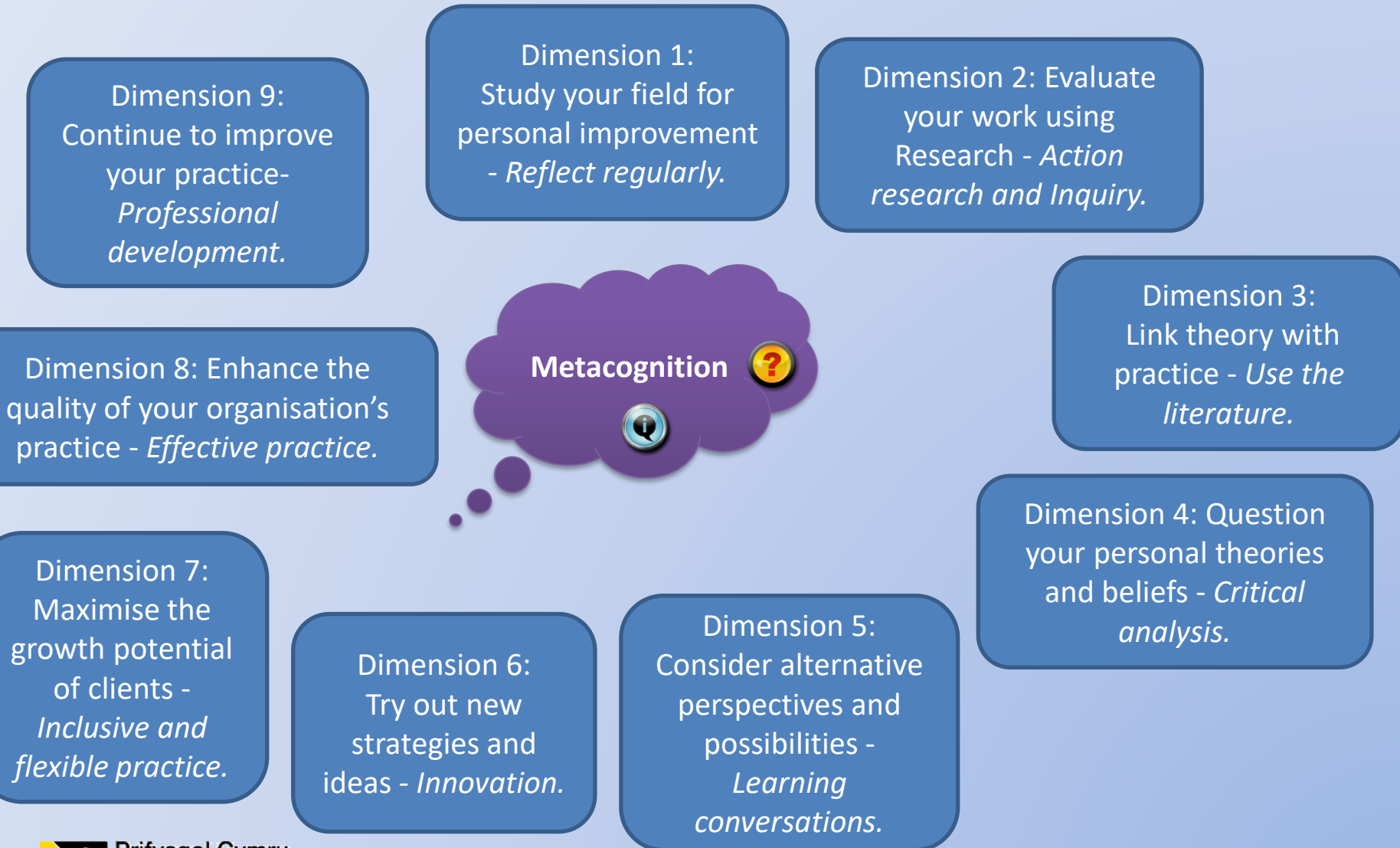
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The Four Steps of Learning



Based on Crosbie (2005)

The Nine Dimensions of Reflective Practice



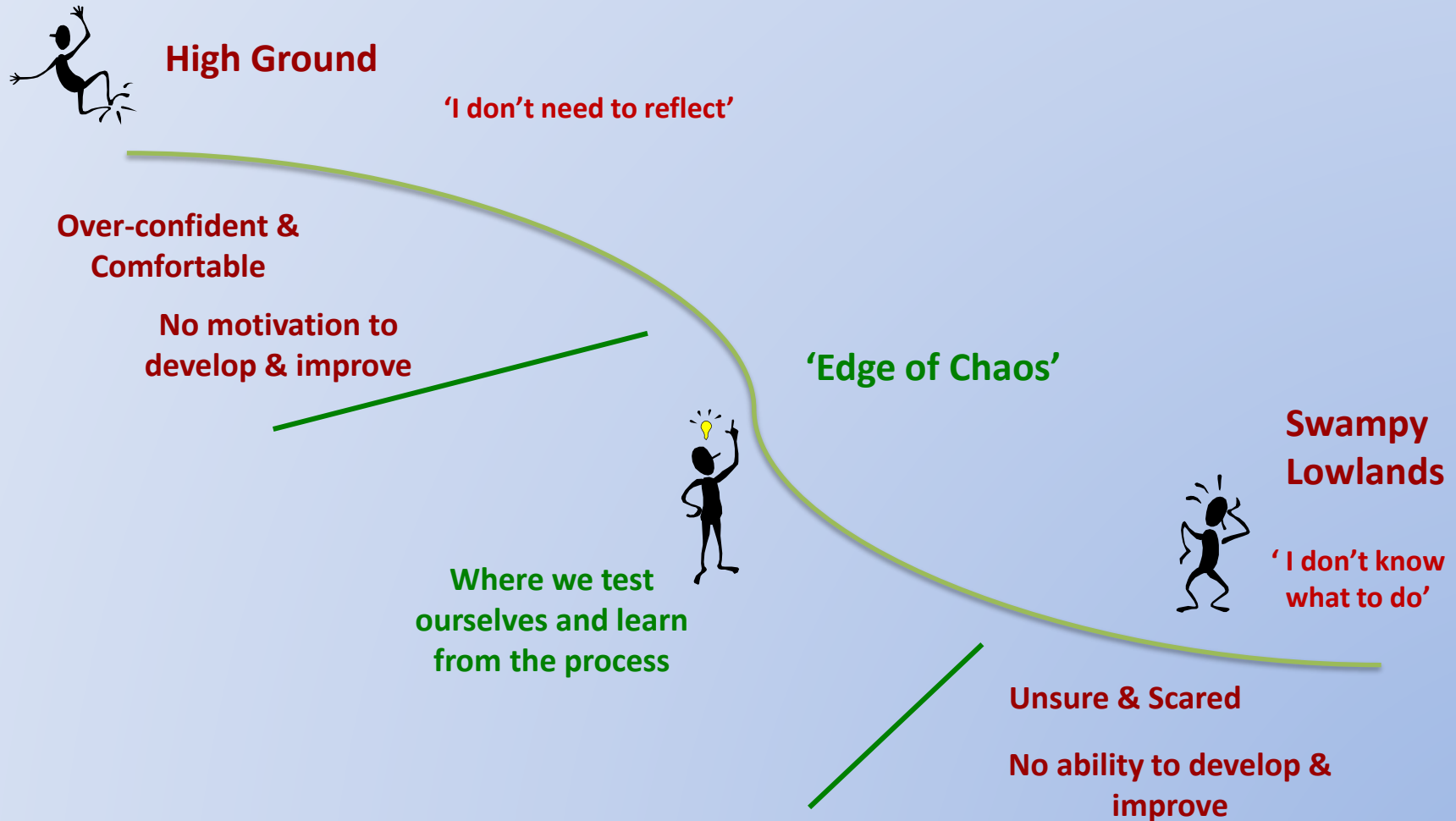
Reflective Practice in practice

- What have we tried?
- What went well?
- What could have been better?
- What will we do differently next time?
- What actions do we need to take to achieve this?

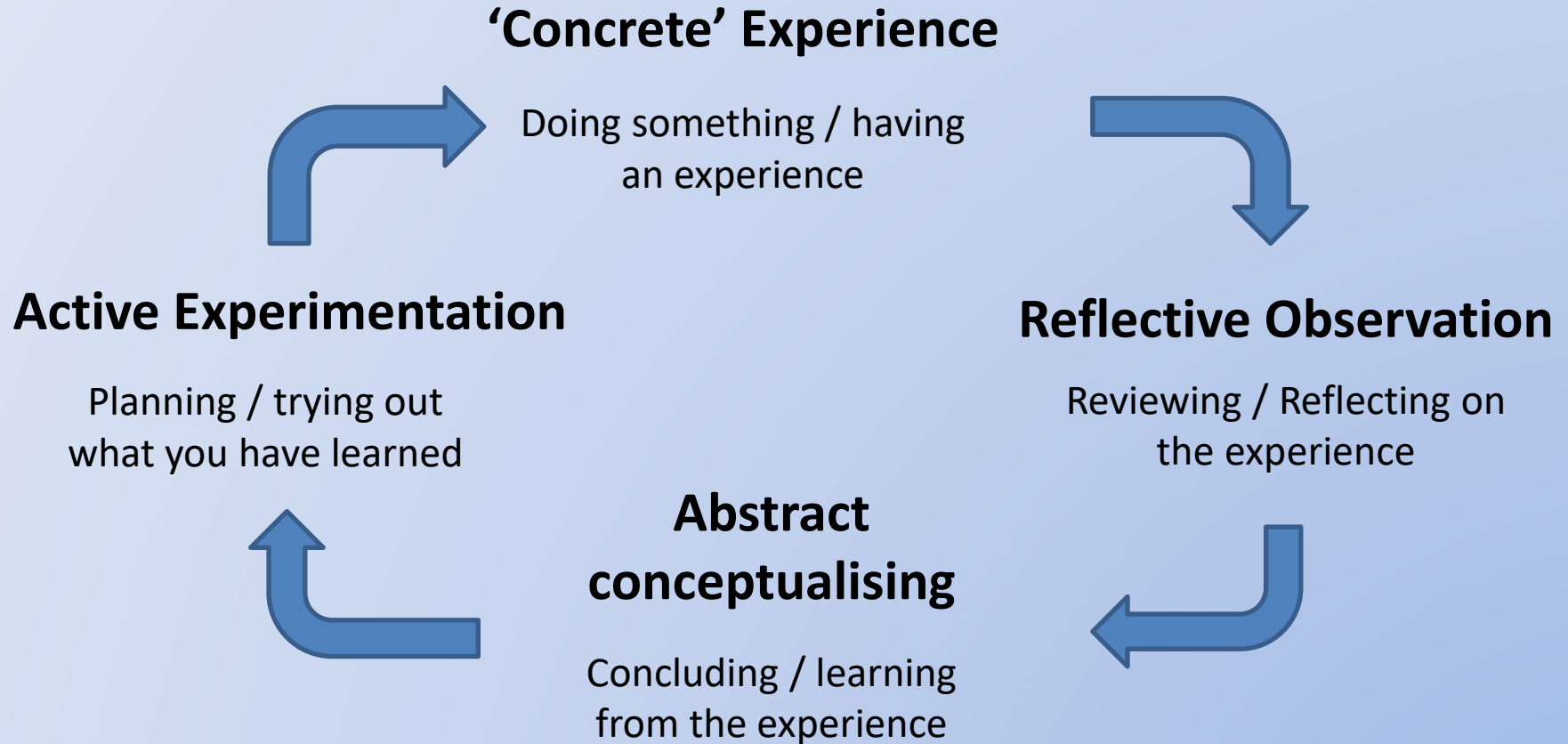
The challenges of reflective writing

- Writing in a different way
- Writing a personal but objective account
- Using academic evidence in reflective writing
- Selecting the content
- The writing process
- Getting the language right

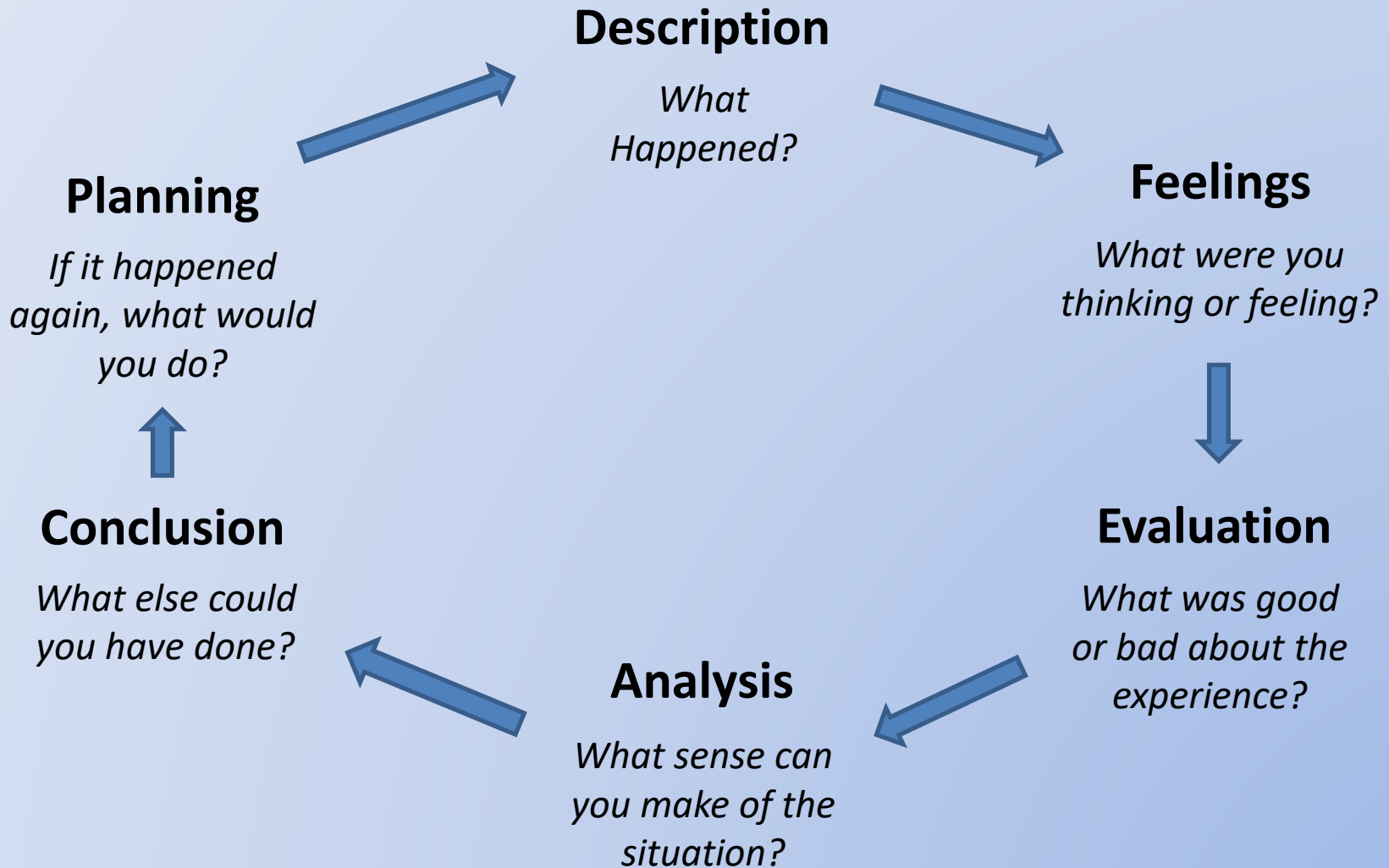
The Reflective Practitioner



Kolb's Model of Experiential Learning



Gibbs' Model of Reflection



(Gibbs, 1988)

Boud's Model of Reflection

Observation of Experience

I found it difficult to.....



Reflection

What is this an example of? Conjecture #1, Conjecture #2, Conjecture #3



Information Gathering

What information do I need to understand what happened, who should I ask?



Decision Making

Given what I have learned what is the best explanation of what happened?



Evaluation

What would be the best thing to do if it happens again?

(Boud et al, 1985)



When you reflect

- You are aiming to draw out the links between **theory** and **practice**. So you will need to keep comparing the two and exploring the relationship between them.
- Analyse the event and think about it with reference to a particular theory or academic evidence.
- Are your observations consistent with the theory, policy, models or published academic evidence?
- How can the theories help you to interpret your experience?
- Also consider how your experience in practice helps you to understand the theories and policies.
- Does it seem to bear out what the theories have predicted; and the policies prescribe?
- Or is it quite different? If so, can you identify why it's different? (Perhaps you were operating in different circumstances from the original research, for instance.)

Reflective writing

- Be selective:
- Identify challenging or successful parts of the encounter.
- Reflect deeply on a few significant aspects and learning points.
- Discuss your reflections with others to
- deepen your insight,
- improve your ability to express your ideas and
- help to explore a range of perspectives

Reflective writing

- Collect evidence There are three sources of evidence which need to be used in reflective writing assignments:
- 1) Your reflections form essential evidence of your experiences. Keep notes on your reflections and the developments that have occurred during the process. Reflective accounts!
- 2) Academic evidence from published case studies and theories to show how your ideas and practices have developed in the context of the relevant academic literature.
- 3) Policies and reports.

Reflective writing

- Use the reflective learning cycle to structure your writing:
- plan; act; observe; reflect; gain insights, plan again etc.
- This will make sure you cover the whole process and explain not just what happened, but why it happened and what improvements can be made based on your new understanding.

What could pose barriers to reflective practice?

Discuss potential barriers to becoming an effective reflective practitioner.

Feedback to your Tutor



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What could pose barriers to reflective practice?

- Time constraints (individually or on a team level)
- Organisational structures – we may reflect, but does this lead to any changes? (unchangeable procedures, decision-making rests with individuals who either don't reflect or who don't see the need to change)
- Cultural/individual attitudes
- Change is often resisted on

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