

A student's own framework for reflection

HOLM AND STEVENSON'S PROMPTS

START HERE

The problem/
challenge

- What knowledge from past experience, theory and research can I apply to the situation?

You are a qualified Health Visitor. You have knowledge, skills and a lot of experience under your belt

You're going to visit a family with a child who is obese. On past experience you plan to propose a diet, a food diary and a schedule of visits

You visit, talk to mum and agree your plan

One week later ...
Second visit.
Nothing's happened.
No change.

You look back at what you did and wonder what you could have done differently and why the mother didn't take your advice

You go and read some more recent literature and look at some family therapy theory a colleague suggested. You want more than just her word for it

You go back to studies that used systems theory and decide on a case conference with social services

You set up a family meeting with all members. Sister confesses she regularly sneaks obese brother crunchies and chips

Humbly, on reflection you realise your earlier intervention had limited value

You still need to help the family to make changes but have different strategies try... and the cycle starts again...

Reflect
'to turn one's thoughts (back), to fix the mind or attention on or upon a subject; to ponder, mediate on ...' (meaning 4)
'To cast a certain light on ...' (meaning 6b)
(Oxford shorter dictionary)

- What is my role in the situation?

- What action did I take?

- Did I expect anything different to happen?
- What and why?

- How did I and others act?
- What was my role in the situation?
- Was it appropriate?

- How could I have improved the situation?
- What could I change in the future?

- What knowledge can I apply to this situation?
- What theory and research is relevant?

You saw a TV programme about how hard it is to change diet

- What can I change for the future?

- Did I expect anything different to happen?

- What have I learnt about myself?

- What do I think about the broader issues?
- Has it changed my way of thinking in any way?