

Main stages in reflective practice



Reflective practice in the workplace

Reflecting on workplace experiences – the challenges we face, and our successes – can be a particularly useful thing to do. It helps us to think about the realities of our working environments, what we do well or don't do so well and why.

From this we can then identify some areas for personal development and get some ideas about how to do things differently in the future.

- ✚ Reflective practice is often considered to be an essential component of successful work experience.



Reflecting on our experiences can also help us to develop our career ideas.

✚ Reflection will help us to understand what our strengths, weaknesses, values and interests are. It will also help us to develop our understanding of our working environments and our position within them. This information helps us to work out what kind of jobs might suit us, and where we would like our careers to develop in the future.

How do you do it?

You may reflect by:

- 1) Quietly thinking over things on your own.
- 2) Discussing your experiences with another person.
- 3) Writing about your experiences. Writing about your experiences can be a very effective method as it enables you to keep your reflections and to track your progress. Commonly reflective writing will follow these stages:

<i>Description</i> What happened?	<i>Feelings</i> What were you thinking and feeling?
<i>Evaluation</i> What was good and bad about the experience?	<i>Analysis</i> What sense can you make of the experience?
<i>Conclusion</i> What else could you have done?	<i>Action Plan</i> If a similar situation arose again what would you do?

PLAN CHANGES IN BEHAVIOR BASED ON THE PATTERNS YOU IDENTIFIED.