

Reflective Learning and Practice

Succeeding in Postgraduate Study

What is reflection?

What is reflective practice?

Key features of reflection

In-action

On-action

Thinking on your feet

- time lag
- after the event
- plan

quick

blind spot

Results in Learning
Active, dynamic and cyclic process
looking at issues from different perspectives
Results in some form of action or outcome

Purpose

Introspection

Questioning/ Probing

Evaluating

Judgement Conclusion

Reflective Learning is

Part of your personal and professional development

Evaluating your progress

monitor/manage your performance

Keeping motivated and focused on your learning goals

Think about and overcome what may be blocking your learning

Supports and enriches your professional practice

Your thoughts in written prose

Documenting your voice or using audio and video recordings

Tools

to support reflective learning

Visual representations

Your thoughts summarised in note form

Mind maps

Sketch

diagrams

Lists

Bullet Points

Spread Sheet

Reflective Framework

based on Gibbs' (1988) model

capturing the experience or activity

Description

Emotions

Now What?

So What?

Making connections between learned experience and future actions

Conclusion and action plan

Making sense of it all
Evaluation and Analysis