

Reflective Practice

5 steps for success

1 Reflection is an active process...

You are honing in on an event/activity/achievement/mistake/challenging situation that happened and interrogating what you did. To do this successfully, you need to be able to ask yourself good questions and access a wide range of insights to inform your self-awareness and development.



2 Ask yourself questions...

- How did I approach this, step-by-step?
- How did my thoughts and feelings affect my behaviours?
- What skills did I bring that helped?
- What did I test or try out that worked for me... or didn't?
- What did I notice about the role others took?



3 Inform your self-awareness...

Think about the insight you have to inform your self-awareness. As well as your own view, consider what else is available, e.g., feedback from peers, manager feedback, student comments. Using this data will create a broader picture about what you brought to the situation – giving you the chance to test out your assumptions and self-beliefs.



4 Move to future thinking...

- What does this tell me about how I will approach things in future?
- What do I want to enhance/use more of?
- What didn't work well, that needs to be a focus for me?
- What will I learn from others?



5 Build reflections into your day...

People often ask, "what should my reflections look like?" A better question is, "what will work for me to build reflection into my work/day?" You can:

- Keep notes on your phone
- Jot your thoughts on a notepad
- Keep a more formal record (e.g. a CPD log)

It can also be helpful to talk through with a peer, manager or coach – someone you know is a good listener who will support you to think.

