

Reflective practice activity

Reflective practice for this session:

- make notes at the beginning for parts 1 &2
- add insights for all parts throughout the workshop today.

1. Learning to pay attention, listening to ourselves	<i>Consider: what is on your mind? Optimism, reluctance; relaxed, tense; focused, distracted...)</i>
2. Coming face-to-face with our assumptions	<i>Consider: about the new subject or today's workshop</i>
3. Noticing patterns	
4. Changing what we see	
5. Changing the way we see	

Health and Wellbeing assessment design criteria for reflective practice:

RP1 – personal reflection on health and wellbeing trends and issues in individual, local, or global contexts.

RP2 – evaluation of personal and social action through reflective practice.

Stage 1 – A standard

Reflective Practice

Astute personal reflection on health and wellbeing trends and issues in individual, local, or global contexts.

Perceptive evaluation of personal and/or social action through critically reflective practice.

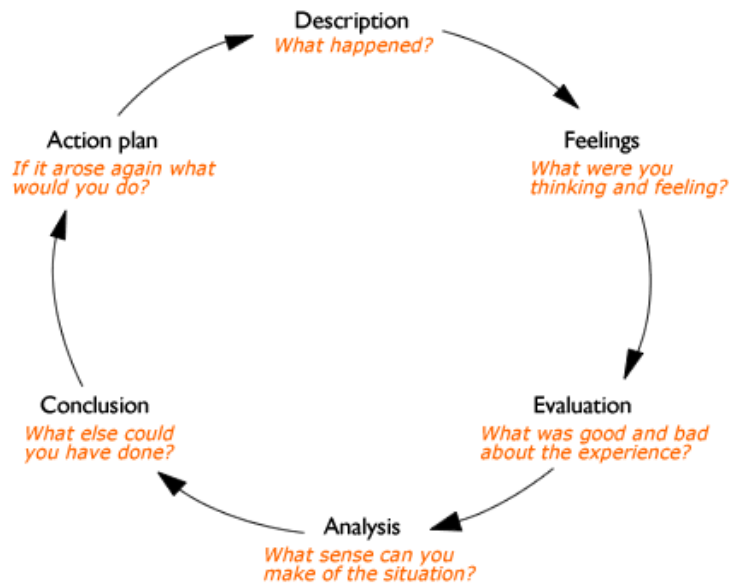
Stage 2 – A standard

Reflective Practice

Astute personal reflection on health and wellbeing trends and issues in individual, local, or global contexts.

Perceptive evaluation of personal and/or social action through critically reflective practice.

Questioning framework based on Gibbs Reflective Cycle



Choose a specific situation you would like to reflect on. Work through the following questions and write down the answers.

DESCRIPTION

When and where did the situation take place?
Why were you there?
Who else was there?
What happened?
What did you do?
What didn't you do?
What did they do?
What didn't they do?
What happened?

FEELINGS

What were your feelings before this situation?
What were your feelings at the time?
What were your feelings afterwards?
What do you think the others in the situation were feeling?

EVALUATION

What went well / was positive? Why?
What did not go so well / was less positive? Why?
What was your contribution?
What was the contribution of others?

ANALYSIS

What assumptions are you making?
What insights are now available to you?

CONCLUSION and ACTION PLAN

What could be done differently?
What skills, resources and contexts are needed to achieve this?
Who and what will support development in this area?

Information adapted from: https://www.cipd.co.uk/Images/reflective-practice-guide_tcm18-12524.pdf

Gibbs Reflective Cycle

