

Description

Positive Planning with The Happy STUDENT Company – Reflection

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A major component of building your resilience and self-development when moving forward is reflecting. Reflection is one of your greatest tools as a clinical practitioner, continuing throughout your career. It requires practice and evaluation as an ongoing skill.

Reflection recognises your strengths and weaknesses; it can refine your clinical skills and combine textbook knowledge with experiential memory, converting it into skilled practice. But has the formal process of reflection ever overwhelmed you? It needn't be a burden if you break it down.

My recommendations are to:

1. Make short reflective notes every single day of your placement. Even if it's just a couple of sentences, use it as a memory trigger for when you have time to write up a formal reflection.

2. Keep a reflective journal over your student journey so that you can look back through these reflections and see how

much you have grown and developed.

3. Revisit past reflections to help you to determine whether past actions that were evaluated have had the opportunity to be refined. You can also ask yourself if there is still room for improvement.

4. Explore different reflective models to find a model that suits your style of writing or resonates with the way you prefer to reflect. Models such as Gibbs, Schön, Kolb, Johns and Driscoll are all good to try, using simple frameworks to help you consider all aspects of your reflection.

There is always something to reflect upon after each shift. Getting into the habit of regularly writing reflective notes can help when it comes to formative assignments, revalidation and, ultimately, becoming the skilled midwife you have the potential to be.

I have more tools to help you reflect, including reflective journals, and free downloadable planning tools on my website www.thehappystudentcompany.com **TSM**

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