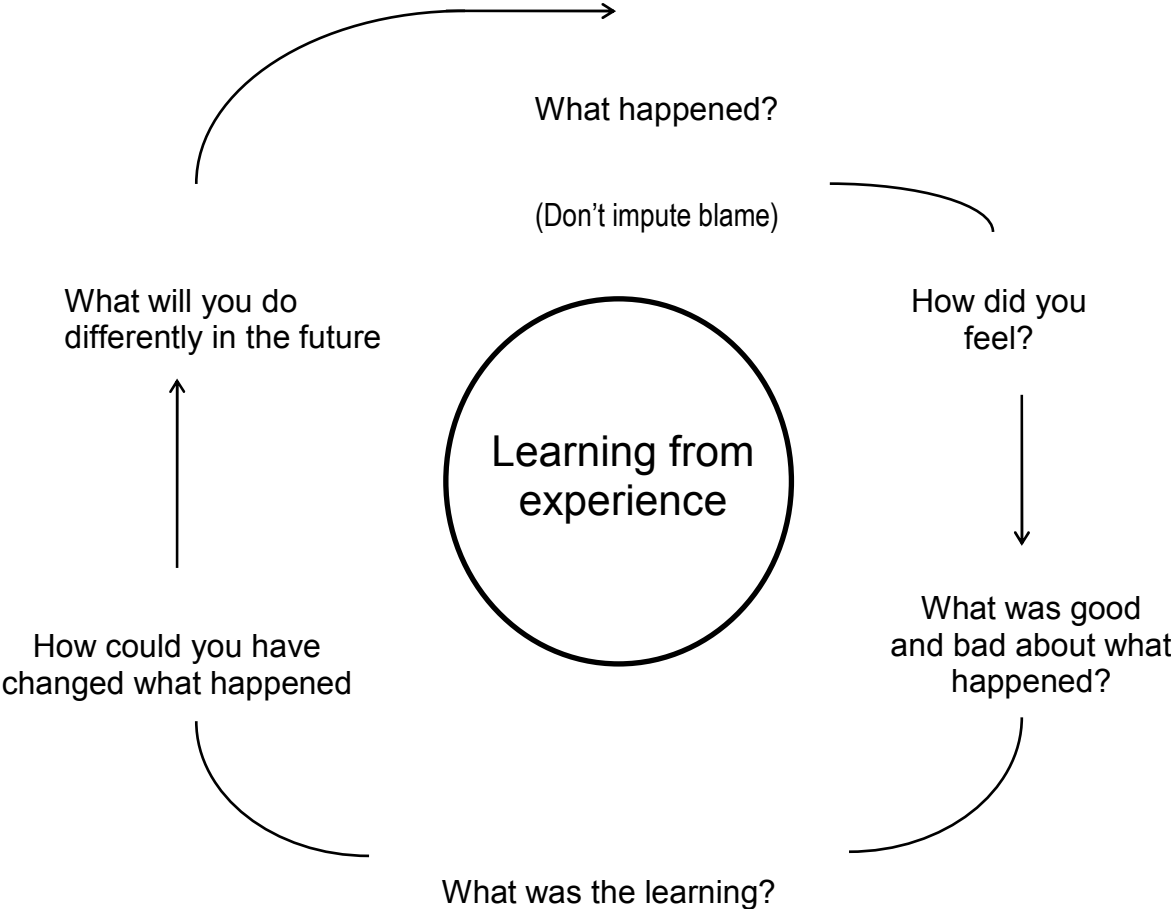


Reflective Practice worksheet



Reflective Diary Structure

What happened?	What did you learn?	What difference will it make to your practice?

Key points to note.

Keeping a reflective journal is a major element of continuous professional development. This forms part of the discipline of reflecting on the strengths of work practice and identifying areas in which it can be improved.

This means that the aim of the journal is to show **how you are integrating the learning into your working practice**. This means that the third column of the above table is by far the most important. Many workers find it easy to describe what happened on the course very clearly, but find it much harder to reflect on how the material will impact on their working practice.

In the following hypothetical examples notice how the third stage in the process is carried out. In both you can clearly see how the writer tends to change their behaviour because of what happened.

What happened?	What did you learn?	What difference will it make to your practice?
The tutor discussed the BAC code of ethics and practice with us	I learned that if I don't discuss the details of the confidentiality contract with the client, I may create legal problems for myself. I haven't been tight about this.	I will check out the client's understanding of confidentiality before the session begins and explain the agency policy.
Two participants had an argument with each other over different counselling models. I intervened and explained that all models are equally good. They both appeared to be angry with me for interfering and I felt hurt.	I realised that I interfered because I really hate any kinds of fight. I didn't really want to get involved but felt compelled to. My feeling hurt was my becoming a martyr after my rescuing was rejected.	There is a lot more work for me to do about this and I will need to take it supervision. When I am in this kind of situation in the future I will watch myself and to try to listen to what is happening and see what my being silent achieves.