

REFLECTIVE JOURNALS

The purpose of the Reflective Journal is to:

- Guide and enhance the supervision process.
- Assist the Supervisor to see what and how their student is thinking, and how this may be influencing their practice/behaviour.
- Assist the student to identify and examine what is happening and learn from it.
- Encourage the student to view situations from different perspectives.

Expectations:

- Students are expected to record daily entries in their reflective journal (for Year 1 students please refer to the Worksheets).
- Students are expected to share some of their reflections with their Supervisor each week (i.e. at least one written example).
- Students should choose to focus on one particular event or theme.
- Students should think laterally/critically about what happened and why, what influenced them and how they felt.
- Students may choose from the formats provided in Appendix 12 or use their own format.

Tips for keeping a Reflective Journal:

- Was there a moment (or moments) when I felt disconnected or disengaged?
- Was there one situation that I faced that caused me great anxiety or distress? The one I kept re-playing in my mind?
- What event this week took me most by surprise and why was I surprised?
- Of everything that I did this week on placement, what would I do differently if I had to do it again?
- Regarding my activities this week, what do I feel most proud about and why?
- What do I feel most dissatisfied with on placement and why?
- What tasks generated the greatest difficulties for me this week? What made them so tough?
- What tasks did I find most enjoyable this week? What made them so pleasurable?