

The reflective practice is to focus on _____ experience

<p>Description – what happened? Concise, factual account of the situation and how it is important in the context of personal/professional development.</p>	
<p>Feelings – what was I thinking and feeling? What were my emotional reactions – before, during and after?</p>	
<p>Evaluation – what was good and bad about the situation? Reflection at a later date is also encouraged. What made me feel positive/negative about the situation?</p>	
<p>Analysis – Why was the experience positive/negative? Did others in the situation have the same views or reactions to you? If not, why? What else can I make of the situation? Were there any overarching issues that need to be further explored?</p>	
<p>Conclusion – what else could I have done? Are there any specific skills that I developed or that need improvement? Or any new knowledge/training that needs to be identified?</p>	
<p>Action Plan – if it were to rise again, what would I do? What resources might I need for the next steps to be taken? How can I develop in a personal/professional sense?</p>	