

REFLECTIVE PRACTICE

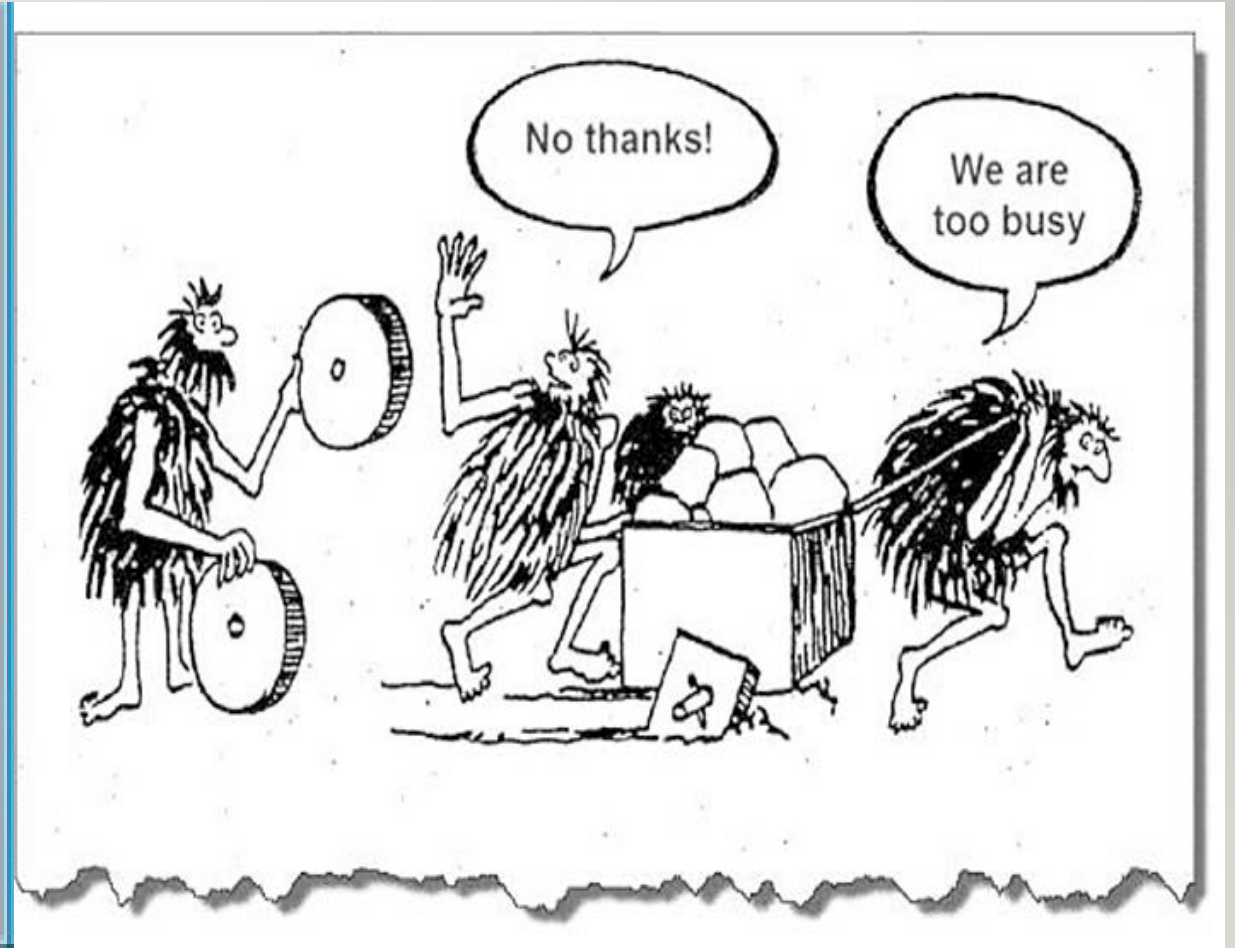
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REFLECTIVE HONESTY

- Sit down if:
 - You have never completed or even thought of completing a piece of reflective practice
 - You have ever said '*Reflective practice what a waste of time/it's not for me*' (or something similar)
 - You always intend to complete your reflective practice but somehow you never quite get the time.....



*“The illiterate of the 21st century
will not be those who cannot read and write,
but those who cannot learn, unlearn, and relearn.”*

Alvin Toffler

WHAT IS REFLECTION

- Reflection or reviewing is essentially learning from an experience.
- Reflective practice is a way of studying your own experiences to improve the way you work

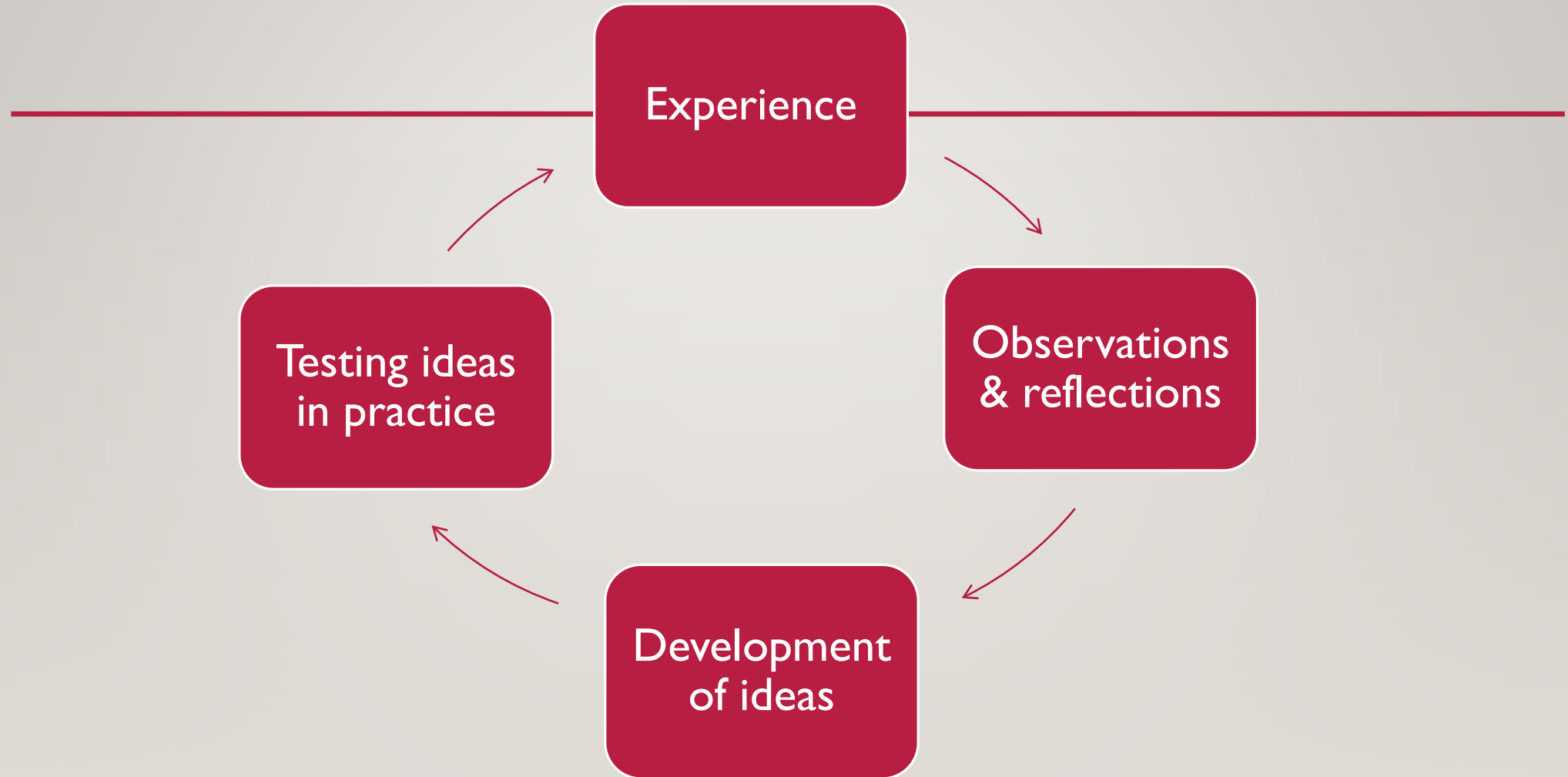
REFLECTIVE THINKING

- **Experience** something
- **Think** about what happened
- **Learn** from the experience

REFLECTIVE HONESTY – HOW WAS IT FOR YOU?

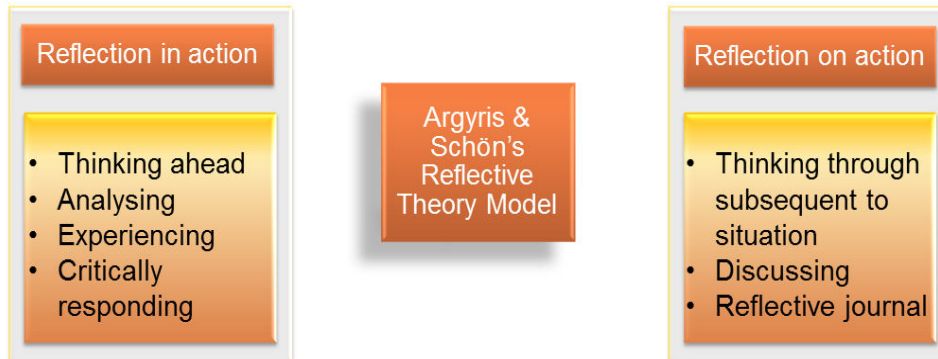
- What did people think
- What did you learn
- How did this make you feel
- What could I/we have done to make it better

KOLB'S LEARNING CYCLE (1974)

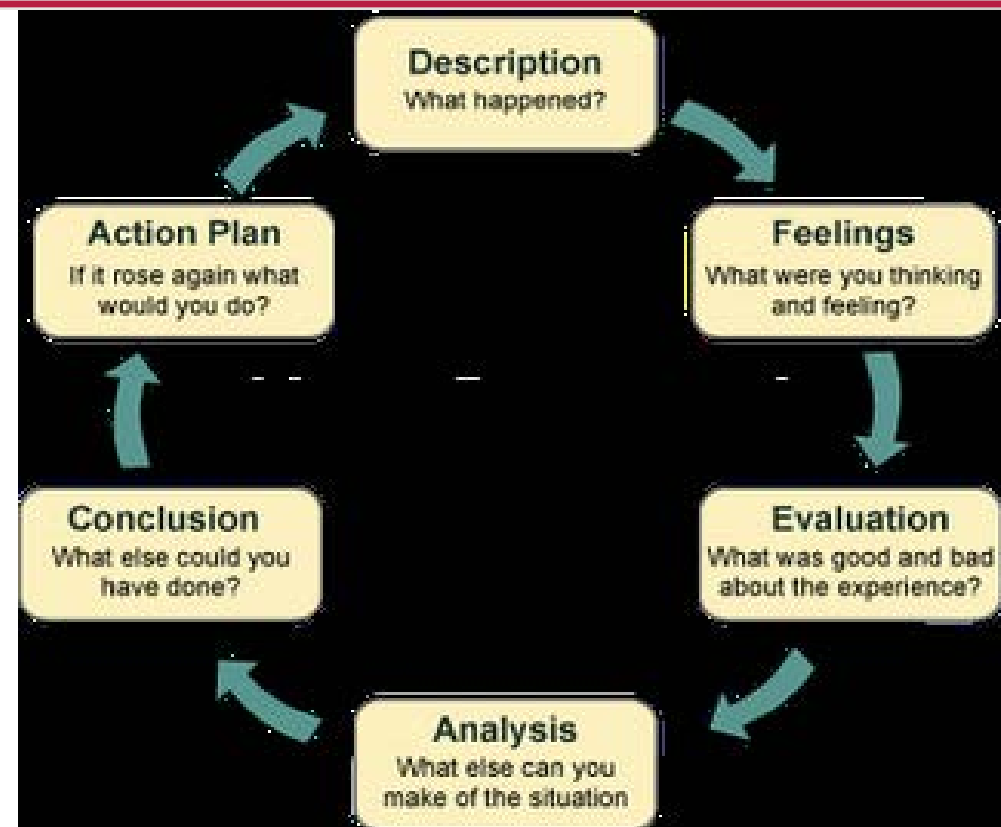


REFLECTIVE PRACTICE MODELS

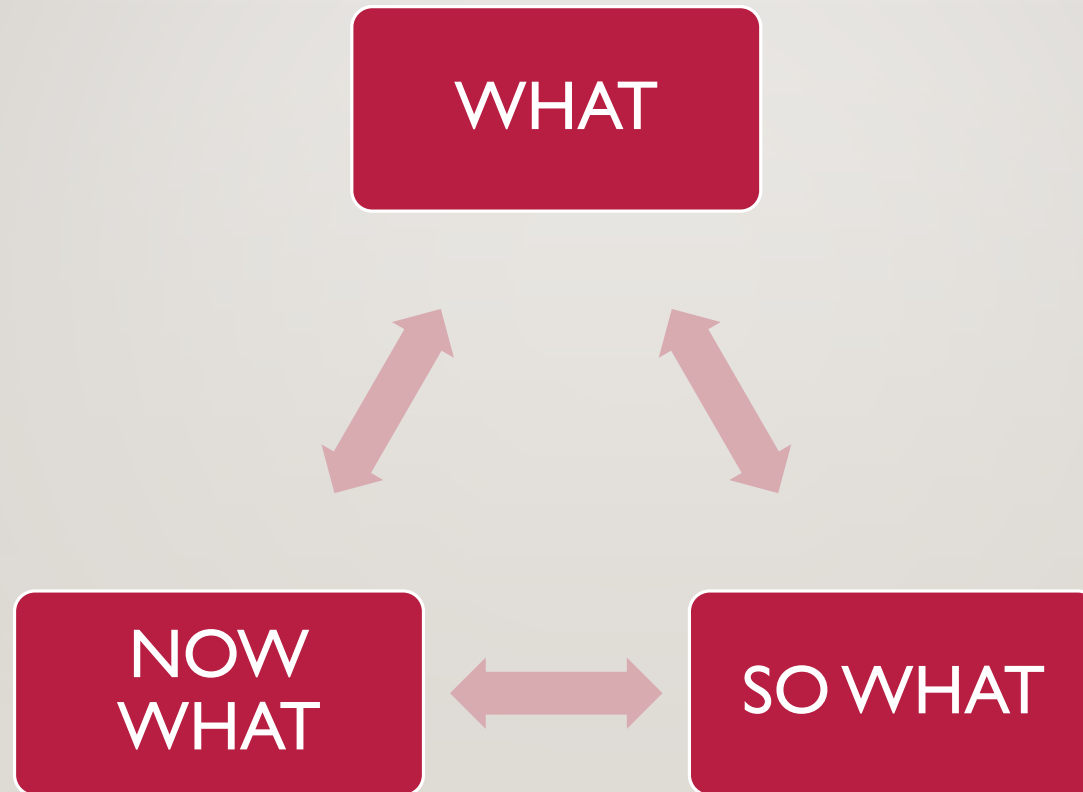
ARGYRIS & SCHÖN'S Reflective Theory Model



(Argyris & Schön, 1978; Schön, 1983)



WHAT, SO WHAT, NOW WHAT



Rolfe 2001

HOW TO STRUCTURE YOUR REFLECTION

What? (description)

- What happened?
- Who was involved?

So What? (interpretation)

- What is the most interesting/important/relevant /useful aspect of the event/idea/situation?
- How can it be explained?
- How is it similar to/different from others?

Now What? (outcome)

- What have I learned?
- How can it be applied in the future?

WHAT

I went to BBTS and attended
the Reflective practice
session.....

SO WHAT

The session wasn't what I expected, I found it quite interesting.....

NOW WHAT

When I return to work I'm going to discuss this at our next meeting. I think it would be really useful to

BENEFITS OF REFLECTIVE PRACTICE

Enables us to think more deeply & holistically about an issue leading to greater insights & learning

Connects the rational decision making process to a more effective and experiential learning process. Safeguards against impulsive decisions

Challenges us to be honest about the relationship between what they say and what they do

Creates opportunities to critically assess the implications of past or future actions

A WISE OLD WIZARD



‘One simply siphons the excess thoughts from one’s mind, pours then into the basin and examines them at one’s leisure. It becomes easier to spot patterns and links, you understand when they are in this form.’ (Rowling, J.K. (2000) *Harry Potter and the Goblet of Fire*).

Thank you for listening,
Any Questions