

Summary of Reflective Learning Workshops – 1st Feb HCS Trainees event Claire Cameron and Jackie Wales

Two workshops were run to discuss the benefits of reflective learning and how this can be applied in practice to enhance our personal development.

An overview of presentations giving examples, action planning, reflective approach to benefit from reflective learning. Group exercises were performed to encourage different thoughts to approaching reflective learning and thinking about different perspectives.

What is reflective learning- Overview	<ul style="list-style-type: none"> • The foundation of professional development • Changing what we see and the way we see
What's the point of Reflection? Gibbs reflective learning cycle	<ul style="list-style-type: none"> • you do not learn from experience, you learn from reflecting on experience • Reflection deepens learning • Allows you to view issues from different perspectives
Reflective Approach	<ul style="list-style-type: none"> • review of your past learning experience • review of your daily practice/role • Identify any problem areas • Identify key issues for future development
Reflective learning statement	<ul style="list-style-type: none"> • Why did I choose this activity? • What was I hoping to achieve? • What learning did I undertake, was there any preparation? • Was it a useful exercise or not? • Has this changed my working practice?
Examples for a reflective log	<ul style="list-style-type: none"> • An observation of an event /incident as it happened • Your work group progress and your contribution • Behaviour - your own and that of other group members • drawing/illustration/'mind maps' • difficulties or issues of concern • how you overcame issues– writing this down helps clarify thinking and develop solutions • what you have learned from this – how you put this into practice • An action plan to achieve your targets/goals
Qualities of a Reflective Practitioner	<ul style="list-style-type: none"> • Willingness to learn from what happens in practice • Believe it is possible to change • Believe there is no end-point in learning • Self-critical
Summary of group exercises	<ul style="list-style-type: none"> • First group exercise was a timed 5 minute task to best describe to the general public what Healthcare Science is. • Second group exercise allowed extra time, utilising the point of reflection to revisit these descriptions by improving and helping to address the importance of reflection in practice. Second response of answers identified a better approach to provide a comprehensive understanding to a wider audience of Healthcare Science.