

Three - Step Reflective Framework

Step 1: *Take notice & describe the experience - description of evidence*

1.1. What did you do, know, feel, think, need?

Record a basic description of the events and actions surrounding the evidence you have selected.

1.2 What decisions did you make?

What decisions did you make when exploring and selecting the evidence?

Prompts:

- Outline your actions for exploring and choosing this evidence.
- Comment on what you were doing, feeling, thinking, and needing at the time.
- Mention initial reactions and what you did to engage with the evidence.
- Indicate what helped you, or not.

Tips: You need to write retrospectively about what happened in the past tense, using a personal voice in first person. Use a variety of methods to record your experience e.g. descriptive text, audio, pictures, bullet points, diagrams etc.

Step 2: Analyse the experience - implications of your decisions, actions, reactions

2.1 Why the decisions and actions?

Analyse your decisions and actions when exploring and selecting the evidence. Think about why they were useful and how they helped your understanding and knowledge.

2.2 Why the reactions?

Make notes on the reasons for your intellectual, emotional and physical responses (reactions). This will help you better understand the way you learn and practice.

Prompts:

- a. Think about why you chose this evidence and how it might help your practice.
- b. Comment on what worked and what did not, and why.
- c. Outline what you could have done better or differently.
- d. What assumptions did you make and why did they influence you?

Tips: Be honest with yourself and use the information to get a clearer picture of the situation - your assumptions, prejudices and beliefs all play a part in this. Use references from theory to support your analysis of the evidence; this will help you make connections between theory and practice. Use as many different ways as you can to illustrate your points e.g. audio, video, diagrams, images etc.

Step 3: Take Action - Reflect on what you learned and how you will use this

3.1 What did you learn and why?

Record what you have learned from exploring and compiling the evidence. Include a critique about your immediate practice and your profession from a range of perspectives.

3.2 How will you use this learning?

Plan how you might apply what you have learned to your practice by setting some goals. This process will help reinforce what you have learned.

Prompts:

- a. Indicate what you learned and how this might change your future practice and why?
- b. Mention socio-economic, political, historical and cultural considerations in the wider context of your profession e.g. power relationships, social justice, traditions etc.
- c. When setting goals for applying what you have learned to your practice, include what you need to explore further or to get help with.

Tips: If reflecting within the wider context of your profession, you need to consider multiple perspectives - socio-economic, political, historical and cultural. This is critical reflection. Set yourself realistic goals, and indicate how and when you intend to achieve them.