

Reflective Journal Template

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1. Description: what happened?

- ⦿ What, where and when?
- ⦿ Who did/said what, what did you do/read/see hear?
- ⦿ In what order did things happen?
- ⦿ What were the circumstances?
- ⦿ What were you responsible for?

2. Feelings: what were you thinking about?

- ⦿ What was your initial gut reaction
- ⦿ What does this tell you?
- ⦿ Did your feelings change?
- ⦿ How do you feel now?
- ⦿ What were you thinking?

3. Evaluation: what was good or bad about the experience?

- ⦿ What pleased, interested or was important to you?
- ⦿ What made you unhappy?
- ⦿ What difficulties were there?
- ⦿ Who/what was unhelpful? Why?
- ⦿ What needs improvement?

4. Analysis: what sense can you make of the situation?

- ⦿ Compare theory and practice.
- ⦿ What similarities or differences are there between this experience and other experiences?
- ⦿ Think about what actually happened.
- ⦿ What choices did you make and what effect did they have?

5. Conclusion: what else could you have done?

- ⦿ What have you learnt for the future?
- ⦿ What else could you have done?

6. Action Plan: what will you do next time?

- ⦿ If a similar situation arose again, what would you do?

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1. What?

- ⊙ ... is the problem/difficulty/reason for being stuck/reason for feeling bad/reason we don't get on?
- ⊙ ... was my role in the situation?
- ⊙ ... was I trying to achieve?
- ⊙ ... actions did I take?
- ⊙ ... was the response of others?
- ⊙ ... were the consequences for the student? Myself? Others?
- ⊙ ... feelings did it evoke in the student? Myself? Others?
- ⊙ ... was good/bad about the experience?

2. So What?

- ⊙ ... does this tell me/teach me/imply/mean about me/my class/others/our relationship/my patient's care/the model of care I am using/my attitudes/my patient's attitudes?
- ⊙ ... was going through my mind as I acted?
- ⊙ ... did I base my actions on?
- ⊙ ... other knowledge can I bring to the situation?
- ⊙ ... could/should I have done to make it better?
- ⊙ ... is my new understanding of the situation?
- ⊙ ... broader issues arise from the situation?

3. Now What?

- ⊙ ... do I need to do in order to make things better/stop being stuck/improve my teaching/resolve the situation/feel better/get on better/etc., etc.?
- ⊙ ... broader issues need to be considered if this action is to be successful?
- ⊙ ... might be the consequences of this action?

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1. Personal

- ⦿ Why did I feel the way I did in this situation?

2. Ethics

- ⦿ Did I act for the best?
- ⦿ What factors (either embodied within me or embedded in the environment) were influencing me?

3. Emperics

- ⦿ What knowledge did or could have informed me?

4. Reflexivity

- ⦿ Does this situation connect with previous experience?
- ⦿ How could I handle the situation better?
- ⦿ What would be the consequences of alternative actions?
- ⦿ How do I feel now about this experience?
- ⦿ Can I support myself and others as a consequence?

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1. Experience

Returning to the event, incident or experience, describe what happened considering:

- ⦿ Behaviour
- ⦿ Ideas
- ⦿ Feelings

2. Reflection

- ⦿ Attend to the behaviours, ideas and feelings expressed during the event, incident or experience
- ⦿ Evaluate the event in light of the experience, knowledge and experimentation
- ⦿ What can you make out of the experience?

3. Outcomes

- ⦿ With this new perspective on the event, incident experience, what might you change or do differently?