



WRITING REFLECTIVE LOGS

Barbara Brown
MSc FHEA



AIM

To encourage participants to develop their skills in writing reflective logs and deepen their understanding of reflection

OBJECTIVES

Discuss with colleagues their understanding of the term “reflection” and explore their experience of writing reflective logs

Analyse some examples of reflective logs

Practice writing a reflective log



LEARNING OUTCOMES

Participants will approach their practice in a critical and reflective way

Feel more confident in writing reflective logs

WE ASKED 100 PEOPLE 'THE DEFINITION OF
REFLECTION' AND THEY SAID

?

?

?

?

?

?

?

?

AND THEY SAID

35 image in mirror

10 to ponder

8 in psychotherapy

9 evaluating & recommending

15 remember

10 Example

6 NVC

7 Analysing and learning FROM

Other Definitions of Reflection – what do you think?

Is the
reflection of
the sky
the same as
the sky?





What is the big deal?

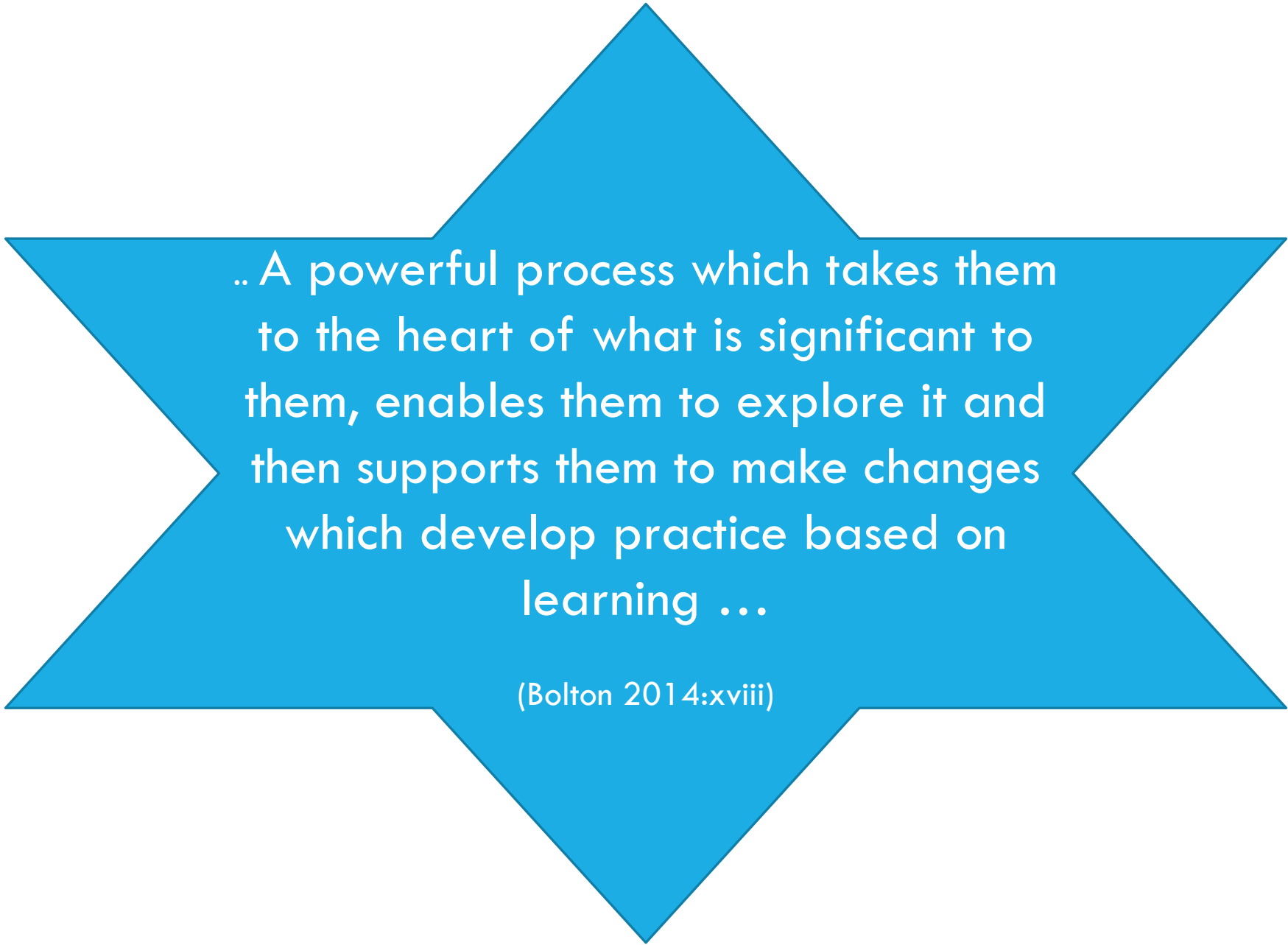
By 3 methods we may learn
wisdom:

First by Reflection, which is
noblest;

Second by imitation, which is
easiest;

Third by experience, which is
bitterest.

(Confucius cited in Hinett:2002)



.. A powerful process which takes them
to the heart of what is significant to
them, enables them to explore it and
then supports them to make changes
which develop practice based on
learning ...

(Bolton 2014:xviii)

WHY WRITE IT DOWN?

The act of writing helps clarify thoughts ..” [Cottrell 1999:57]

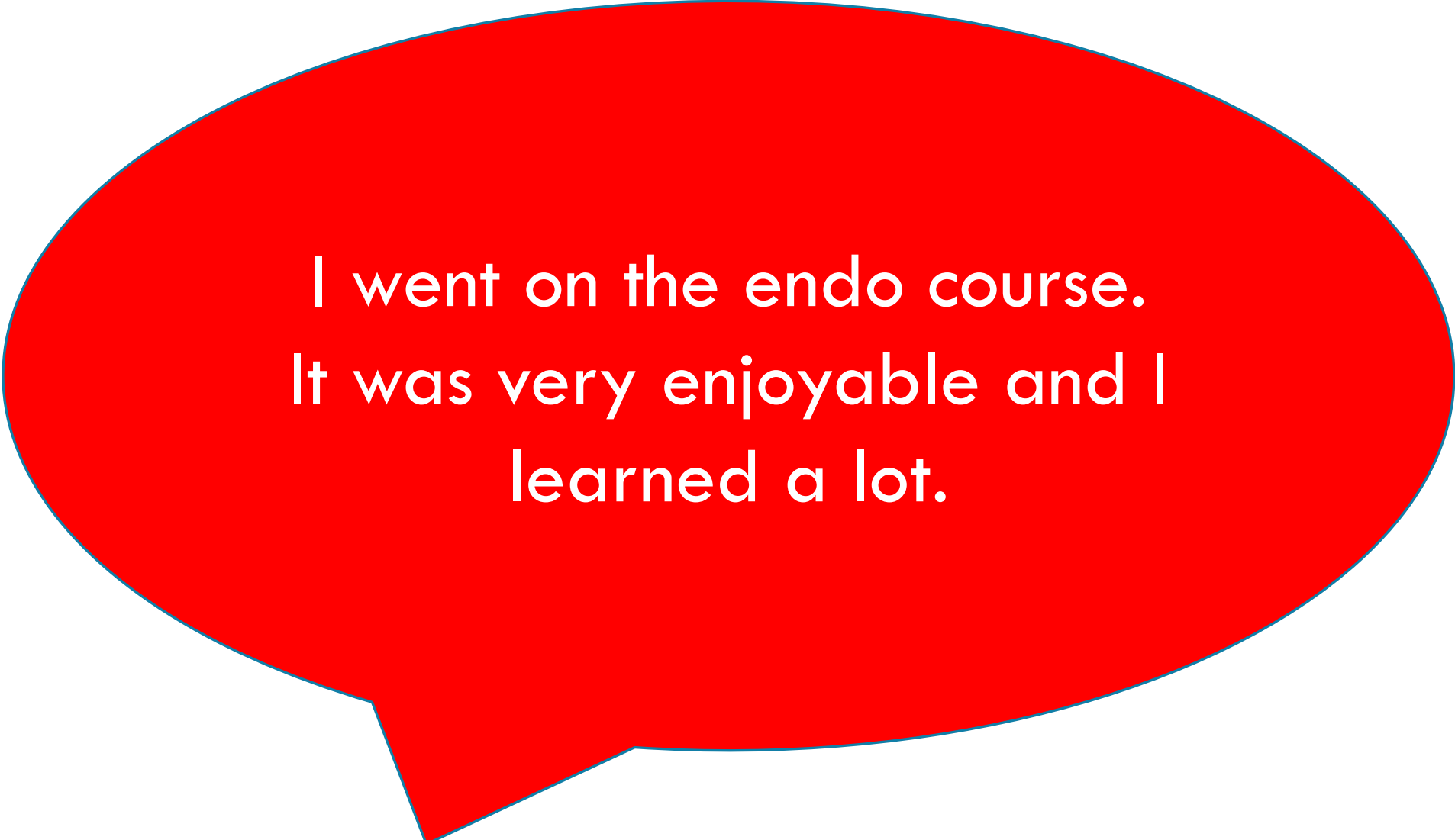
“writing a journal ... [creates] ... intellectual and emotional space” [Moon 2004]

Think of log as a live document

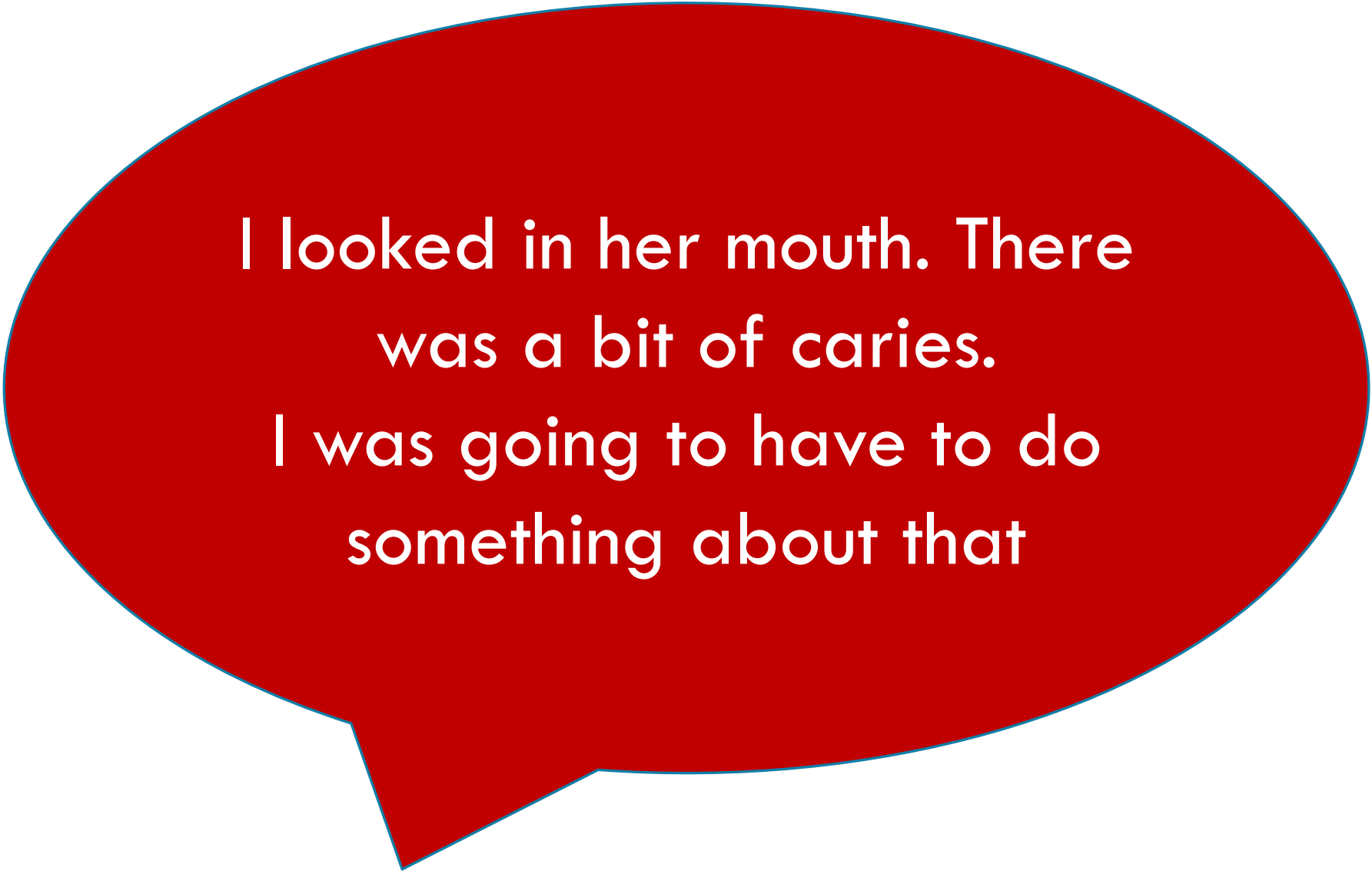
- May start descriptive
- Can go back and amend - you can ask the **SO WHAT? WHAT NEXT?**
- Left hand journals [Megginson & Whitaker 2003 cited in Bolton 2005 p. 164]

Provide discipline/structure

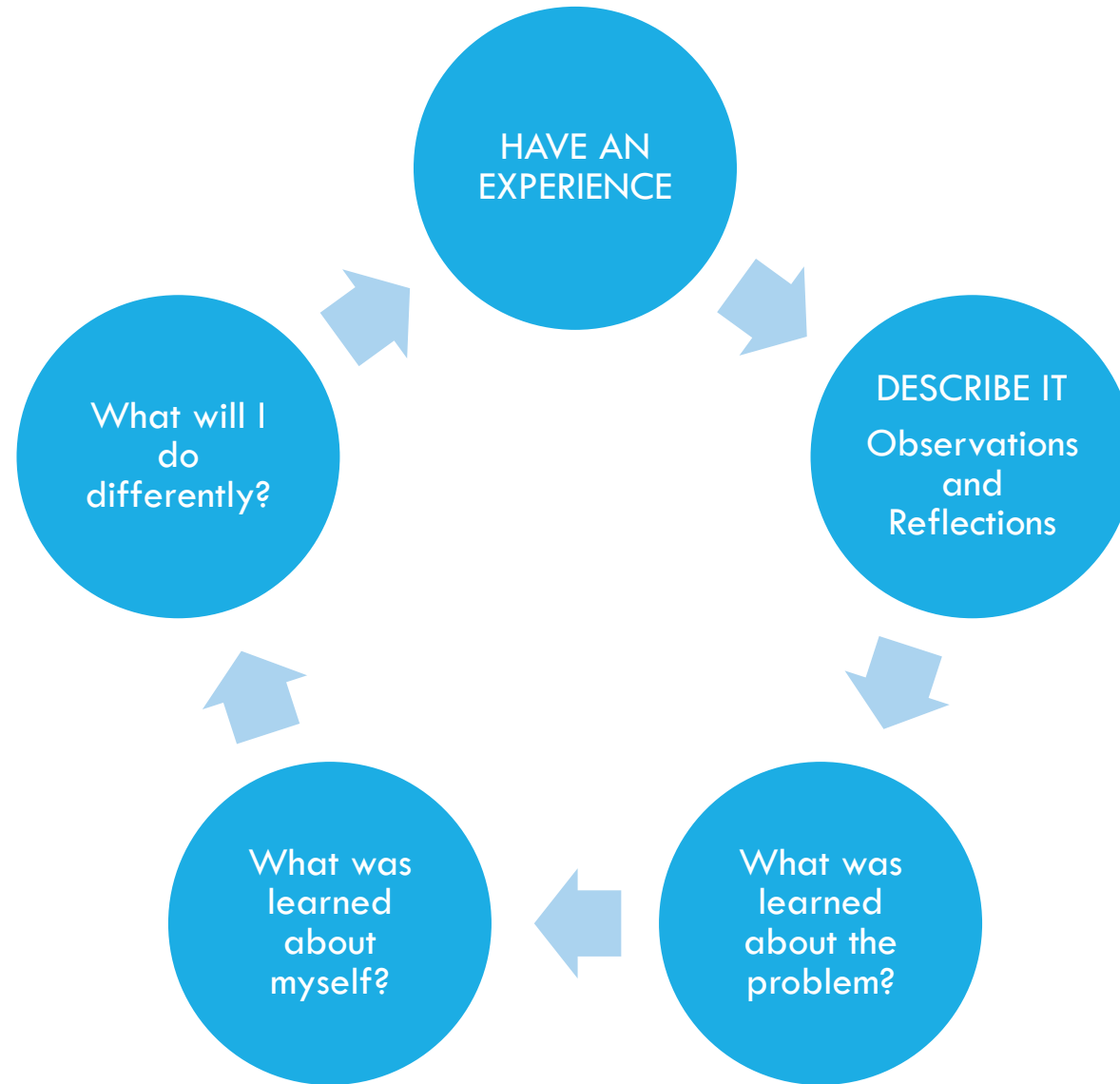
Memory recall - like a photograph album



I went on the endo course.
It was very enjoyable and I
learned a lot.



I looked in her mouth. There
was a bit of caries.
I was going to have to do
something about that



STARTING TO REFLECT

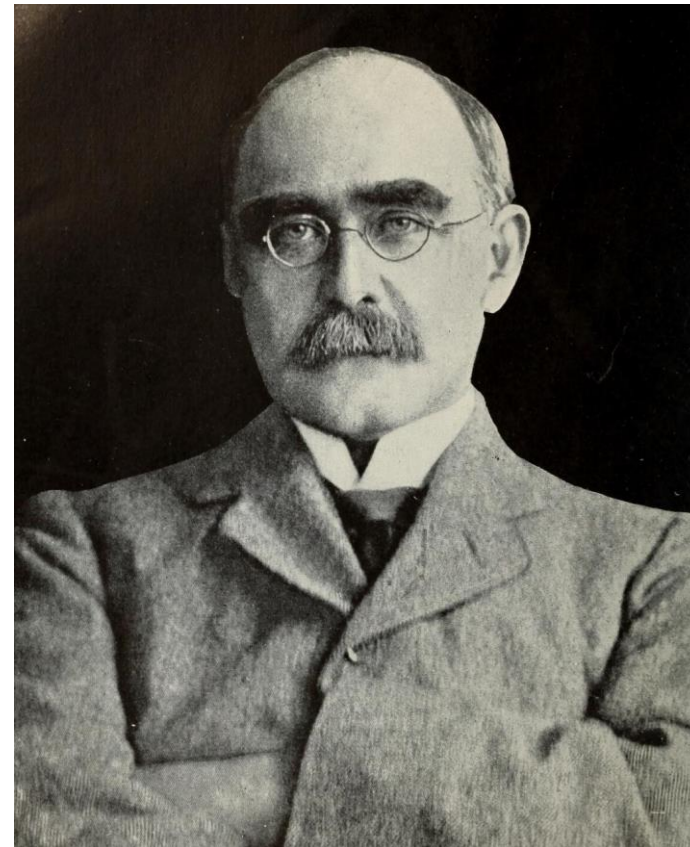
I keep 6 honest serving men

(They taught me all I knew);

Their names are What and Why and
When

And How and Where and Who.

(Rudyard Kipling)





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graph LR; A[TELL THE STORY] --> B[SHOW THE LEARNING]; B --> C[IDENTIFY THE CHANGE];
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TELL THE
STORY

SHOW THE
LEARNING

IDENTIFY
THE
CHANGE

SOME EXAMPLES OF REFLECTIVE WRITING

Do they

Tell the Story,

Show the Learning,

Identify the Change?



YOUR TURN — 5 MINUTES

Write the story of something that happened to you this week- something that is on your mind — you are going to show it to a partner!

Explain why this incident is important to you.

What has this incident taught you? (about yourself, other people, or the reasons the incident happened or could have been avoided)

What might you do differently as a result of this experience — or how will you influence others?

ASSESSING REFLECTIVE LOGS

Logical and Coherent Structure (write for the person who wasn't there)

Level of Critical Reflection (not just description)

Use of Relevant Literature or Professional Standards to underpin the reflection
(Optional – but who is assessing?)

Identification of future change in personal behaviour or beliefs (What was the point of this experience?)

THE ARNOLFINI PORTRAIT BY VAN EYCK

