

Skill Enhancement Course– Education

B.A Programme Semester–4
Paper: Reflective Learning

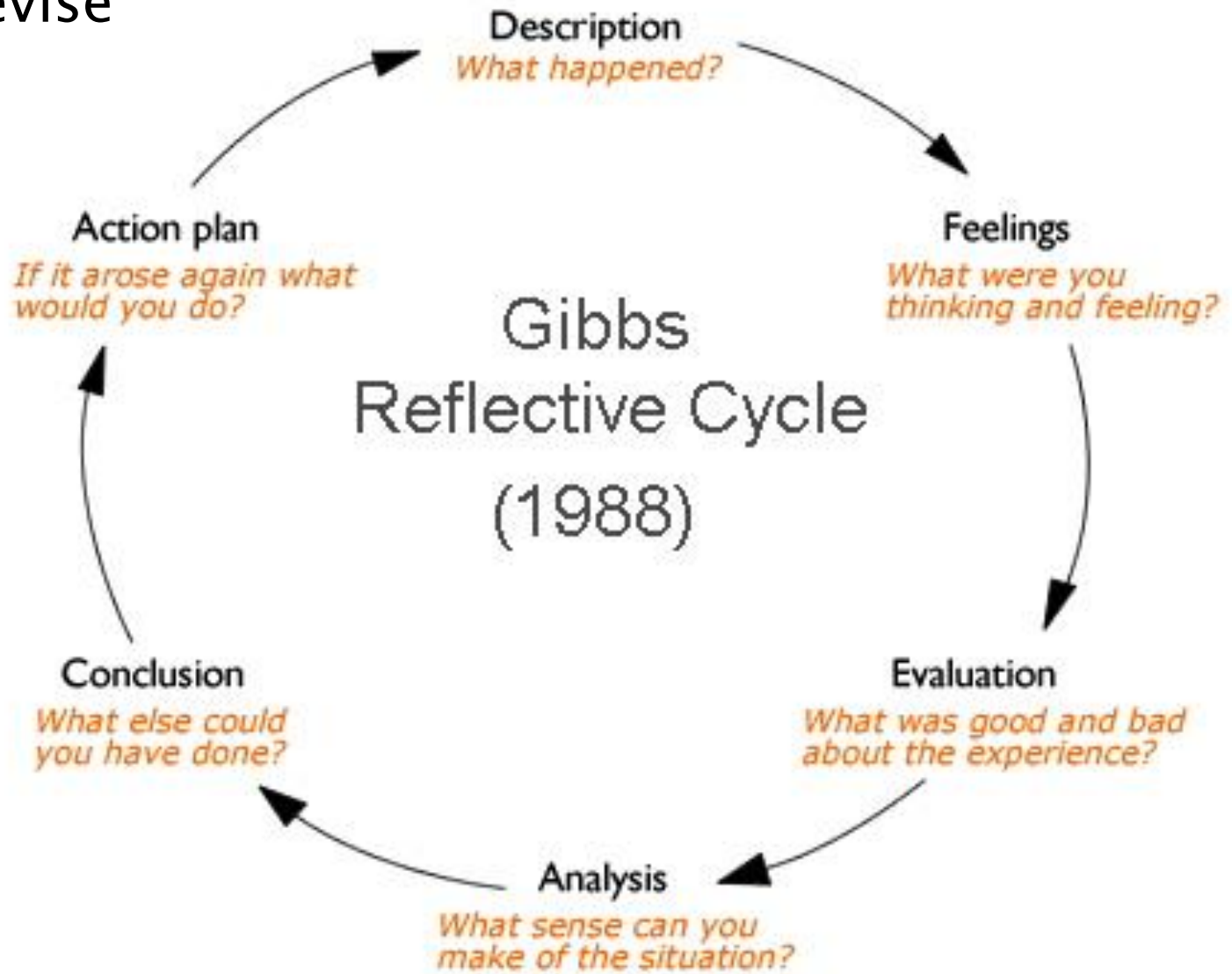
By: Neha Goswami

20th May 2021

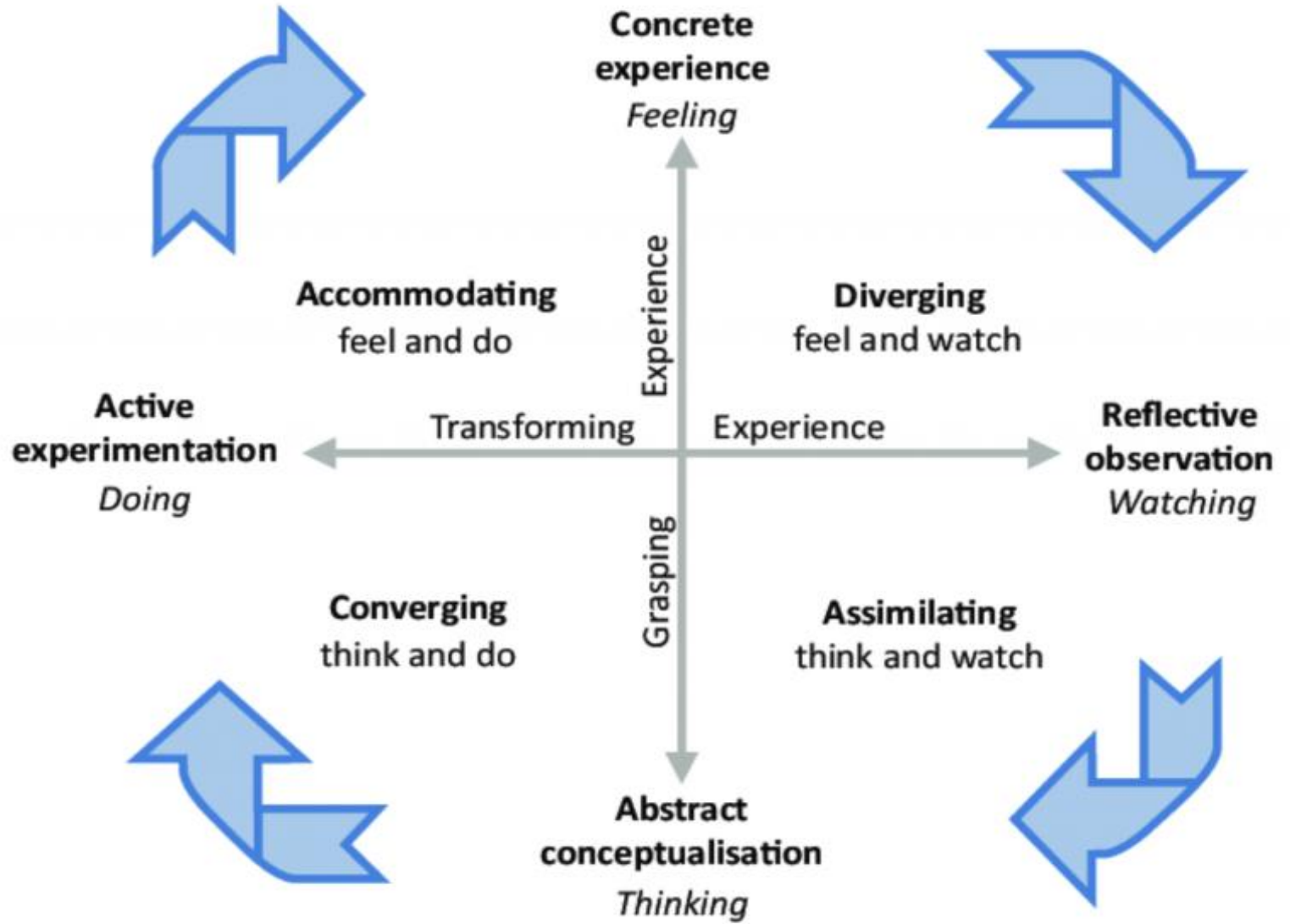
Email:

nehagoswami003@gmail.com

Let's Revise



1984



1983

Reflection in action

Reflecting as something happens

- Consider the situation
- Decide how to act
- Act immediately

Reflection on action

Reflecting after something happens

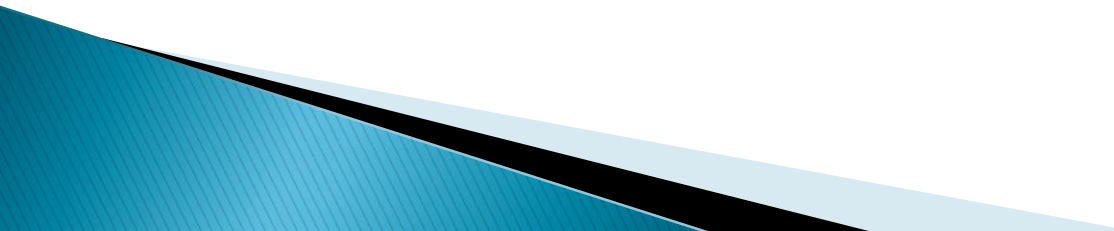
- Reconsider the situation
- Think about what needs changing for the future

Schutz

Developing skills for reflective practice by Sue Atkins and Sue Schutz

- ▶ Book–Reflective Practice in Nursing

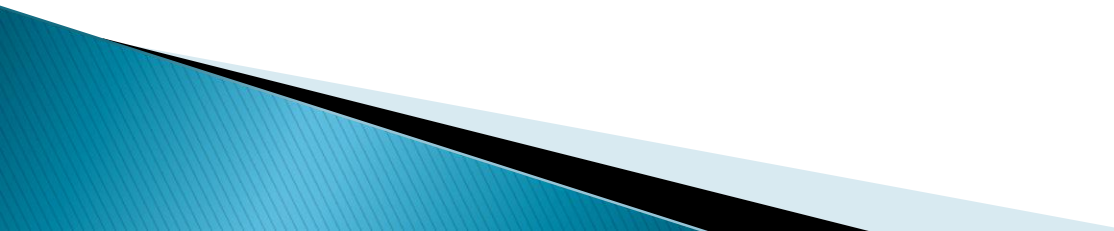
Describe some skills needed for reflective practices (2013)–

- ▶ Self-awareness
 - ▶ Description
 - ▶ Critical analysis
 - ▶ Synthesis
 - ▶ Evaluation
- 

Self-awareness

- ▶ Self-awareness is the cornerstone skill. By being self-aware we are able to see ourselves openly and honestly in order to examine how we behaved, how we were influenced by an event, and how we may in turn have influenced the event

Description

- ▶ Description is where one accurately recollects the salient features of an event in order to give a detailed account. Descriptions should be comprehensive yet concise, and reconstruct the events so that someone who was not present would understand the situation from your perspective
- 

Critical analysis

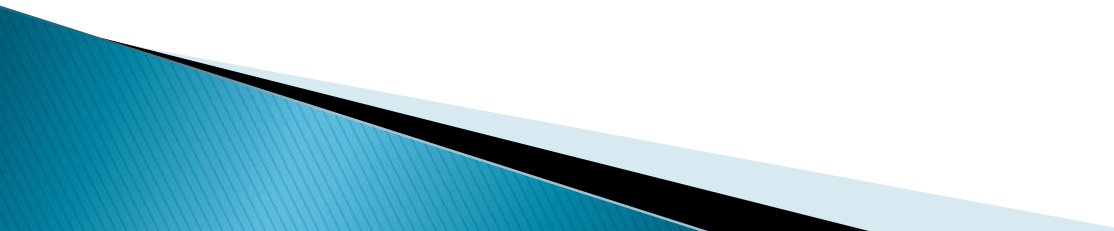
- ▶ Critical analysis is a key skill for effective RP and is a process where the event is broken down into its constituent parts in order to examine each component in detail to better understand how they relate to and influence each other. Critical analysis requires one to identify existing knowledge relevant to the event, identify and challenge any assumptions made, and to explore alternative courses of action. Despite the negative connotation of the word 'critical', this is not a negative process. Instead it is a process of critique which is positive and constructive, and can help an individual to identify opportunities for change and improvement in their practice

Synthesis

Synthesis allows one to achieve a satisfactory outcome from reflection as new knowledge, feelings or attitudes are integrated with the old (Atkins & Schutz, 2013). This skill requires individuals to undertake original thinking to create change and to develop new perspective or fresh insight. It is the step where real learning occurs as one synthesises new knowledge to better inform future practice

Evaluation

Evaluation is the ability to look back in order to make a judgement about the value of something. Evaluation may be conducted externally within a predefined set of criteria or standards, or internally as a personal process of self-assessment. Evaluation allows one to find discrepancies between what was done and what was needed, and allows a future-oriented plan of action or improvements to be made (Atkins & Schutz, 2013)



For Next Class

Tools for reflective learning–

Journal writing, diaries, blogs, audio–visual, visual, human inquiry group, action research, personal development planning (PDP), dialogue.

Task:

Find at least one of your favorite blog or vlog and write a reflection on it.



QUESTIONS?

COMMENTS?

CONCERNS?

