

Reflection Template

Use this reflection to record your learning experiences, thoughts, feelings, and reflections as an analytical assessment of your progression. The events you record can be situations where things went well, or situations where things have gone not as you would have wished. Anonymise all details. Describe the event or situation clearly (including surrounding circumstances), the outcome, and its context to your knowledge and general practice. Describe changes to improve or extend your performance. If you've identified a training need, add this too.

Discuss this with your mentor or peer group who will guide you to develop your reflective skills and help you understand better your learning needs and performance

Questions	Additional prompts	
Focus of reflection?	(clinical encounter, course attendance, professional conversation, safeguarding)	
When did it happen?		
Reason for writing Reflection	What were the most important things that happened/ didn't happen? Did anything go differently to expected? What have you learnt about yourself, your knowledge and your skills?	
What next?	How has this changed your perspective? How will you apply what you have learnt? What learning could you share with your colleagues? What development needs do you have and how will you fulfil these?	
Action plan	Comments & Confirmation of next stages: how will you ensure learning needs are met (Include peer group or mentor comments, if relevant)	