

Reflective Practice Overview

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This handout is developed based on the content of
Dr. Barbara Bassot's
*The Reflective Practice Guide: An Interdisciplinary
Approach To Critical Reflection.*
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What Is Reflective Practice



What is Reflective Practice

A systematic inquiry to enhance understanding of our own professional practices.

*“Reflective practice encourages us to review our learning experiences in order to **seek improvement** – to make our work even better”* (Bassot, 2016, p. xii).

What is Critical Reflection

Critical reflection involves reflection on our:

- **Emotional responses**
- **Assumptions**

When we successfully perform our reflection, we:

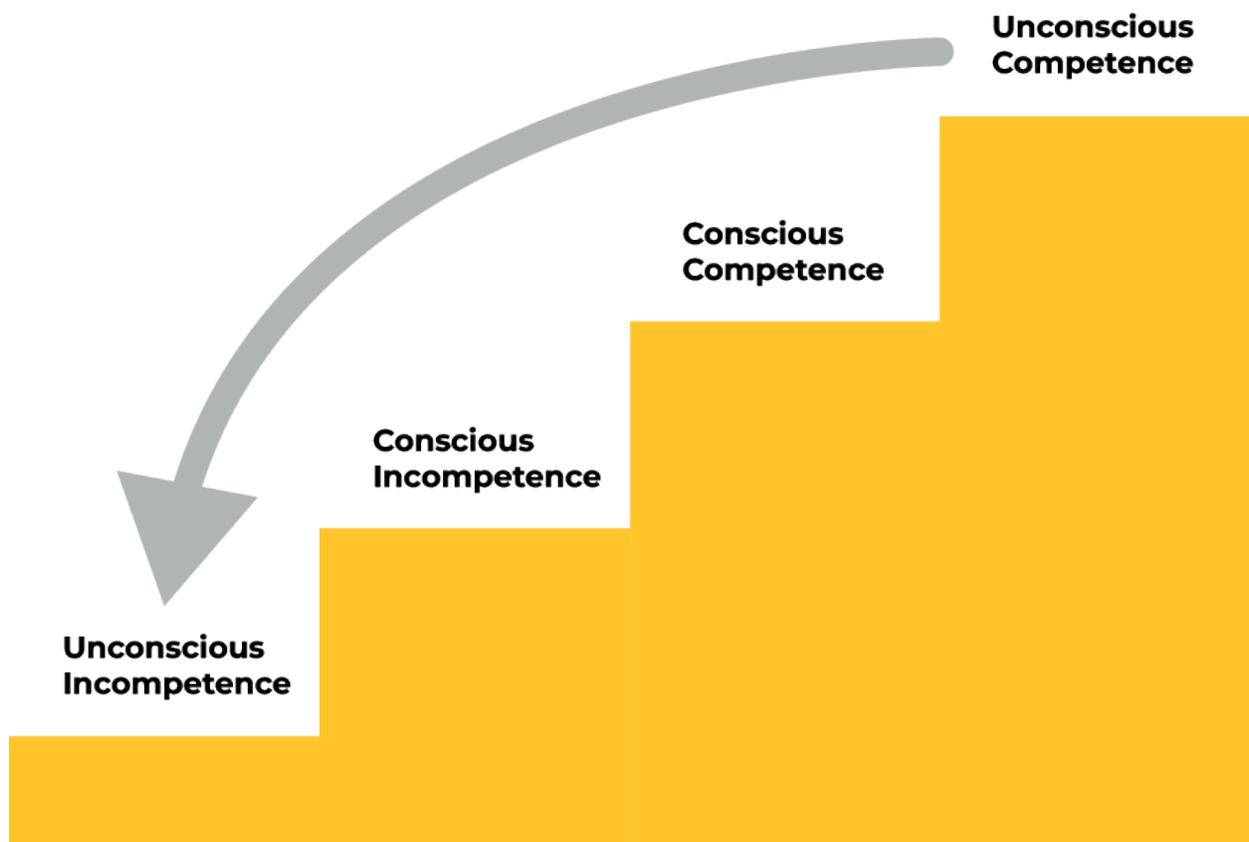
- Question our **approach**
- Reflect on our **feelings**
- Question our **assumptions**
- Enhance our **self-awareness**

Why Is It Important

The well-known **conscious competence learning model** shows the four steps of developing professional skills:

1. **Unconscious incompetence**
2. **Conscious incompetence**
3. **Conscious competence**
4. **Unconscious competence**

However, **unconscious competence can easily slip back to unconscious incompetence** without constant improvement and updates of our professional skills. This is why we want to reflect on and improve our practice.



How Does It Benefit You

Reflective practice can:

- Enhance **deep thinking**
- Help to **evaluate and develop practice**
- Prevent **stagnation** and foster **growth**
- Bring **creative ideas** about the practice
- Enhance **self-awareness**
- Become aware of **assumptions**
- Serve as a tool for **supervision**
- Enhance **skill and knowledge development**



How To Incorporate Reflective Practice

A group discussion is a fantastic way to incorporate feedback, but writing is the most effective way to perform deep reflection.



How to Conduct Reflective Writing

- Writing in the **first person tense**
- Be critical or **evaluate your work** while doing reflective writing

Reflective Writing Tips



Students tend to write descriptively and struggle to bring analytical perspectives to their writing. Thus, using a writing framework is helpful.

Driscoll's (2007) 'What?' Model

- **What?** – Describe an event or experience: *What I did and what others did.*
- **So what?** – Analyze the event or experience: *How did I feel about it?*
- **Now what?** – Think of lessons learned and potential future actions: *What will I do if I encounter a similar situation?*

Resources

You can find more info at the *It's About Engagement* website:
<https://engagement.kennesaw.edu/>