Title: Reflective Diary

Exercise Code: SLINTEGRA036

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| Modules: | Group size: | Duration: |
| 11. Reflection & Evaluation  | Individual | 45 min |

**Purpose:**

* To describe key events in your practice
* To evaluate key events in your practice
* To engage in focused evaluation of recurring themes
* To reflect on what may have become habitual
* To evaluate own feelings in your practice

**Description:**

Each individual will have a different way of keeping a reflective diary. There are, however, some general points to reinforce to learners about it. It should be:

• A record which is useful to you

• A cue to memory

• Honestly written

• Enjoyable to you in its production

**Getting Started:**

• Set aside time for writing

• Allow time for the sifting of thoughts and ideas

• Do not worry about style, presentation

• Remember that the aim is to facilitate reflection on practice

• Find evidence to back-up your thoughts: what evidence do I have for what I have just written?

**Begin by asking:**

• How do I see my role as a professional (purposes and intentions)?

• Why did I become a professional?

• What kind of professional/practitioner do I think I am?

• What values do I believe in?

# Material:

Paper, pencil

# Methods:

Self-awareness, internalization, reflexion

The exercise is meant for individual writing of a reflective diary which can be used for the purpose of reflection of one's own profession, work productivity, well-being in the workplace and can, with regular use, be a very powerful tool for checking these areas. It is important that the exercise is done regularly and consistently.

# Advice for Trainer:

The trainers can be a big help to people that chose to write a reflective diary. They should offer information about the instructions of writing down this exercise, what reflection means, how to correctly fill out a supervision form, etc.

# Source/Literature:

Adapted from “Reflection as a learning tool” (Gibbs' Reflective Cycle 1988, Jasper 2003) and “The Social Work Pocket Guide To Reflective Practice” (Siobhan Maclean)