

PROMPTS TO AID REFLECTION

- The most important/significant thing/s I have learned is/are.....
- The reason/s that I see this/these as important is/are.....
- The learning opportunity has contributed to my feeling.....about myself.
- The learning experience has contributed to my practice in the following way/s.....
- I feel.....about my practice.
- How do others feel?
- How do I feel about what happened?
- The process has changed the way I think about.....
- Life for my colleagues and the customers should improve because.....and I know this because.....(evidence base)
- I am aware that I have learnt something of lasting value to me because.....
- This has reinforced my belief that.....
- This activity fits with my plans for CPD because I wanted to learn how to/more about.....
- I have concrete evidence of a good learning experience and outcome in the shape of.....as an element of my portfolio in case it should be audited by the HCPC.
- The next step will be to learn how to/more about.....
- What went well/could have been better?
- What were my desired learning outcomes?
- Where does it link in or combine with my existing knowledge?
- How can I put my learning into practice in another situation?