

UNIVERSITY OF LA SALLE – SCHOOL OF EDUCATION SCIENCES
BA IN SPANISH, ENGLISH, AND FRENCH – REFLECTIVE JOURNAL ASSESSMENT

Based on your reflective journals, write a general reflection of what has happened in your lessons and in the teaching practicum in general. Use the following form to help you systematize and concretize your thoughts.

AREA	AWARENESS
CONTENT (WHAT?)	What have I learnt?
PROCESS (HOW?)	How did I learn it?
REASONS (WHY?)	Why did I learn it?
ACADEMIC AND PROFESSIONAL DEVELOPMENT (WHAT FOR?)	How does this learning experience contribute to my academic and professional development?
PERSONAL DEVELOPMENT (WHAT FOR?)	What does this learning experience mean to me?

Reflective Practice Journal Template

Donicka Budd



Reflective Practice Journal Template:

Reflective Practice for Coaches Iain McCormick, 2023-02-22 This practical evidence based guide to running Reflective Practice professional development programmes provides a dynamic and engaging resource for a wide range of coaches. Reflective Practice is a proven learning and development approach that involves consciously and deliberately thinking about experiences to develop insights and apply these within coaching practice. McCormick argues that it is vital that coaches regularly reflect on their work to develop and grow professionally and this book provides a definitive and rich source of material on how and what to reflect on. Topics include how to reflect as an individual coach working in pairs and small groups, applying reflective practice in a training context and how to run advanced group sessions for coaches. The book features a wide range of practical workbook exercises to challenge the reader's current practice and extend their capability as well as an evidence based guide to enhancing skills in recently developed areas such as Unified Protocol Cognitive Behavioural Therapy, Internet Supplemented Acceptance and Commitment Therapy and Using Schema Therapy with Mindfulness Techniques. Written by a highly experienced executive coach, this book is full of practical and effective ways to become more capable and proficient. It is essential reading for any career life or executive coach who wishes to enhance their coaching capability through reflective practice as well as for coaching training organisations, senior executive coaches offering sessions for other coaches and academic institutions offering coaching qualifications.

Reflective Practice in Social Work Christine Knott, Terry Scragg, 2016-03-26 Reflective practice is at the heart of becoming a competent and confident social worker. It's both a key element of learning and development on social work courses and an important aspect of social work practice. This accessible and introductory text explores a range of approaches to reflective practice that aims to help students become more confident in answering key questions including: what is reflective practice? how do I develop as a reflective practitioner? how do I maintain reflective practice in key contexts? There are sections on writing reflective journals, communicating well with service users and carers and reflective practice while on placements.

Reflective Practice in Social Work Andy Mantell, Terry Scragg, 2018-12-03 This accessible and introductory text explores a range of reflective practice approaches and personal development to help students demonstrate reflective practice in their assignments. It features extensive material on working collaboratively and using reflective practice on placements as well as practical activities and material on effective working with service users and care.

Reflective Practice in Child and Youth Care Donicka Budd, 2020-01-28 A unique manual to the discipline, *Reflective Practice in Child and Youth Care* addresses the need for distinct models of reflective practice across all Child and Youth Care (CYC) sectors. This seminal work contextualizes the history of reflective practice and provides readers with the necessary tools to develop their own approach to reflective practice. Special topics and key concepts include reflective practice theory, the mindfulness reflection connection and transformative learning techniques. Aligned with the CYC Code of Ethics and the CYC Competencies of Professionalism, this

book promotes self awareness and critical self reflection through case studies end of chapter discussion questions reflective writing templates and self assessment exercises Fostering reflective methods and self care strategies that can be used in practicums and professional settings this unique workbook is an essential resource for students at any stage of a college or university program in child and youth care FEATURES Connects to concepts that are covered across child and youth care program courses strengthening student comprehension Provides exercises that range in content and depth to ensure student engagement throughout the completion of the textbook Your Essential Guide to Effective Reflective Practice Christian van Nieuwerburgh, David Love, 2024-11-09 This impactful guide takes you through the process of effective reflective practice with a clear and creative focus on helping you be successful in your professional and academic life It will provide you with clear guidance about how to undertake the reflective writing needed to achieve academic qualifications and professional accreditations This book includes Practical strategies undertaking reflective practice in service of your clients Recommendations for writing up your reflective practice for of assessment and accreditation purposes Case studies and templates that can be applied to a wide range of professional fields and academic contexts A theoretical foundation underpinning the purpose and intention of professional reflective practice Practical advice from experienced reflective practitioners to help you put the principles into practice This engaging and thought provoking book will give you confidence with thinking critically and reflectively about your work so that you can achieve better outcomes for yourself and others

The Trauma-Informed Psychiatric Nurse's Toolbox Katie Trinity Sutton, The first comprehensive toolkit designed specifically for psychiatric nurses working with trauma survivors This practical guide transforms complex neuroscience into immediately usable skills for daily practice Discover evidence based techniques for de escalation communication and self care that dramatically improve patient outcomes while preventing professional burnout Packed with case studies from real clinical settings this resource provides clear frameworks for managing challenging situations including acute agitation flashbacks dissociation and suicidal ideation Each chapter builds essential skills through detailed examples scripts and step by step protocols that can be implemented immediately Unlike theoretical texts this toolkit offers concrete intervention strategies through printable worksheets assessment tools quick reference guides and validated scripts that have been field tested in psychiatric settings Learn how to recognize trauma triggers provide effective grounding techniques maintain therapeutic boundaries and build lasting patient trust The included self care section provides essential strategies for preventing compassion fatigue and vicarious trauma ensuring sustainable practice throughout your nursing career Perfect for new graduates experienced clinicians and nursing educators seeking to integrate trauma informed principles into psychiatric care This comprehensive resource fills a critical gap in psychiatric nursing literature by providing specialized approaches for different trauma types and populations The decision pathway maps guide complex clinical reasoning during high stress situations while the professional development framework supports continuous growth in trauma informed

excellence Transform your practice with this essential resource that bridges theory and application creating healing environments for both patients and providers *Innovative Approaches to Staff Development in Transnational Higher Education* Morris, Gareth, Ye, Jinting, 2025-01-09 As globalization reshapes the landscape of higher education the development of faculty and staff becomes essential for institutions to remain competitive and relevant By investing in continuous learning and cross cultural competencies educators can better meet the diverse needs of an international student body and foster inclusive innovative academic environments Strengthening faculty development enhances teaching quality research output and institutional adaptability enriching the educational experience for students This focus not only advances individual career growth but also drives institutional success promoting resilience and long term sustainability in an increasingly interconnected world *Innovative Approaches to Staff Development in Transnational Higher Education* delves into the complexities and opportunities of faculty development in the dynamic environment of transnational higher education It illustrates the transformative power of education and its ability to adapt and evolve in response to a rapidly globalizing world Covering topics such as AI literacy mentorship and technology training this book is an excellent resource for educational leaders and administrators faculty and staff members researchers scholars policymakers educational planners and more

Developing Reflective Practice Andy Grant, Judy McKimm, Fiona Murphy, 2017-04-11 The ability to reflect on practice is a fundamental component of effective medical practice In a sector increasingly focused on professionalism and patient centred care *Developing Reflective Practice* is a timely publication providing practical guidance on how to acquire the reflective skills necessary to become a successful clinician This new title draws from a wide range of theoretical and practical multidisciplinary perspectives to assist students practitioners and educators in embedding reflection in everyday activities It also offers structures and ideas for more purposeful and meaningful formal reflections and professional development *Developing Reflective Practice* Focuses on the developing practitioner and their lifelong learning and the development of professional identity through reflection Provides practical how to information for students practitioners and educators including realistic case examples and practice based hints and tips Examines and explains the theoretical and conceptual approaches to reflective practice including its models and frameworks

Making the Most of Your Research Journal Nicole Brown, 2021-10-19 Providing practical guidance based on real life examples this book shows researchers different forms and ways of keeping a research journal and how to get the most out of journaling Appealing to postgraduate students new and experienced researchers the book provides a theoretical grounding and information about knowledge and sensory systems and reflexivity presents a practical exploration of what a journal looks like and when and how to record entries includes helpful end of chapter exercises and online resources Providing valuable food for thought and examples to experiment with the book highlights the different forms of research journals and entries so that readers can find what works for them Giving researchers licence to do things differently the book encourages and enables readers to develop their own

sense of researcher identity and voice Becoming a Reflective Practitioner Christopher Johns, 2009-07-27 From Reviews of the second edition Christopher Johns is an internationally recognised pioneer of reflective practice in nursing and health care The first edition of this book was an excellent resource and this updated version is equally impressive This is a superb resource for nurses and all those eager to enhance their knowledge and skills in reflective practice It is well presented user friendly and stimulating Nursing Standard Becoming a Reflective Practitioner is a practical guide to using reflection in every day clinical practice It explores the value of using models of reflection with particular reference to Christopher Johns own model for structured reflection Becoming a Reflective Practitioner includes accounts of everyday practice to guide the reader through the stages of reflective practice within the context of care desirable practice and the caring relationship This third edition reflects significant developments in reflective theory and gives greater attention to different approaches to reflection including the use of narrative dialogue New chapters are included on ensuring quality and managing conflict Exemplars are included throughout and further references and reflected reading are included at the end of each chapter Reflective practice is acknowledged as an effective approach to developing nursing care which evolves as the practitioner develops his or her own practice This book will therefore be of interest to all nurses involved in developing their clinical practice A practical guide to developing reflective practice Reflects significant developments in reflective theory Examines Christopher Johns own model for structured reflection Centred on care and the caring relationship Challenges practitioners to question their practice

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