

Reflective Practice for Psychology Students: The Use of Reflective Journal Feedback in Higher Education

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Abstract

Reflective journals have emerged as an effective means of monitoring and developing reflective practice in higher education, as part of a wider metacognitive strategy to transform traditional learning approaches. In addition, assessment procedures of reflective journals appear to be an important factor in enhancing commitment to learning and reflection.

This paper explores the effects of the use of journal writing and formative feedback on the quality of reflective practice, by presenting a case study of reflective learning in a master's degree program in the North of Italy, in 2014/2015.

The article contributes to the current debate about the effectiveness of one-to-one writing tuition by analyzing student writing through qualitative analysis and quantitative trend assessment. In particular, it provides evidence on formative feedback efficacy in developing the quality of reflective practice. Unlike much of the research into writing support, this study seeks to evaluate the impact of feedback use not only by measuring student perceptions of effectiveness or level of satisfaction, but also by assessing the development of reflective practices.

Keywords

Assessment, feedback, psychology students, reflective journal, reflective practice

Introduction

Educational sciences have shown the importance of metacognitive competencies in learning processes and more recently defined them as a promising field for evidence-based learning (Dunn, Saville, Baker, & Marek, 2013). Reflective practice, as a form of metacognitive competence, involves questioning our own ways of being, relating, and acting (Hibbert & Cunliffe, 2015) and presupposes students' engagement in critical reflection on beliefs, values, feelings, and implicit assumptions that are used in setting and solving a problem

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 />. 1 Answers to Chapter 3, Odd-numbered Exercises 1 Answers to Chapter 3, Odd-numbered

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