

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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Reflective Journal Example Psychology

SA Adler



Reflective Journal Example Psychology:

The Psychologically Literate Citizen Dana Dunn, 2013-01-01 The concepts of psychological literacy and the psychologically literate citizen promise to invigorate a new global approach to psychology education They pose a basic question What attributes and capabilities should undergraduate psychology majors acquire Many psychological organizations have defined psychological literacy by guidelines and lists of student learning outcomes but although psychology educators across the globe have been working towards helping students to acquire these attributes over the past 50 years educators have only recently explicitly delineated attributes and learning outcomes and sought to develop appropriate learning teaching and assessment strategies including whole program approaches The contributors to this volume argue that psychological literacy is the most important outcome of an undergraduate psychology education and that psychologically literate citizens use their knowledge of psychology to problem solve in ethical and socially responsible ways that directly benefit their communities In this book a rich variety of international perspectives contribute to the development of the two key concepts of psychological literacy and the psychologically literate citizen Authors provide practical guidance for classroom psychology educators as well as curriculum developers and reviewers Ultimately they make the case for a paradigm shift in psychology education

Reflective Practice in the Sport and Exercise Sciences Brendan Cropley, Zoe Knowles, Andy Miles, Emma Huntley, 2023-04-04 Within the Sport and Exercise Sciences SES and allied disciplines reflective practice has become firmly established as a fundamental aspect of education professional training and development and applied service delivery This has resulted in an emerging context specific evidence base that has attempted to make sense of the application and utility of reflective practice as a mechanism to facilitate personal and professional growth through experiential learning and subsequently develop the knowledge required to navigate the complexities of applied practice This new and fully revised edition of *Reflective Practice in the Sport and Exercise Sciences* explores the contemporary conceptual landscape critical perspectives pedagogy and applied considerations in reflective practice in the SES and allied disciplines Contributions from scientists researchers practitioners and academics offer innovative perspectives of reflective practice founded on a synthesis of the contemporary empirical evidence base and applied practitioner experience These contributions challenge academic and or practice based audiences regarding the utility research and representation of reflective practice while offering critical insights into the application of different approaches to reflective practice Based on exploring the crucial interface between learning and practice this book is important reading for all who work in the SES and allied disciplines and more widely any professional aiming to become a more effective practitioner This book is endorsed by the British Association of Sport and Exercise Sciences

The Reflective Journal Barbara Bassot, 2024-08-26 This is a must have companion for those on placement or in professional practice or indeed anyone who is being encouraged to reflect more deeply on what they do A powerful tool for processing your thoughts feelings and actions The Reflective Journal will lead you

to a deeper understanding of your working practice enabling you to achieve your professional goals With writing space for your own thoughts and an abundance of advice on personal development this is an essential resource for reflection that you can make completely your own Providing an introduction to all the key theories of critically reflective practice structured activities examples and helpful writing prompts it is ideally suited for students and practitioners in Nursing midwifery and allied health professions Social work Counselling and psychotherapy Teaching and learning support Career guidance and advice work Youth and community work Business and management This fourth edition includes fresh material on self awareness reflexivity anti oppressive practice and emotional intelligence along with brand new journal extracts and new exercises to tackle blocks to reflection

Service Learning, Educational Innovation and Social Transformation

Bibiana Regueiro, Robert G. Bringle, Miguel A. Santos-Rego, 2022-02-15

A Handbook of Reflective and Experiential Learning

Jennifer A. Moon, 2013-04-15 This handbook acts as an essential guide to understanding and using reflective and experiential learning whether it be for personal or professional development or as a tool for learning It takes a fresh look at experiential and reflective learning locating them within an overall theoretical framework for learning and exploring the relationships between different approaches As well as the theory the book provides practical ideas for applying the models of learning with tools activities and photocopiable resources which can be incorporated directly into classroom practice This book is essential reading to guide any teacher lecturer or trainer wanting to improve teaching and learning

Learning Journals Jennifer A. Moon, 2019-04-30 Fully updated with important new theory and practical material this second edition of Learning Journals offers guidance on keeping and using journals and gives step by step advice on integrating journal writing on taught courses in training and professional development and in supporting personal development planning PDP activities Key topics covered include the nature of learning journals and how we learn from them the broad range of uses of learning journals including portfolios and personal and professional development the depth and quality of reflection in learning journals the assessment of learning journals and reflective writing the use of narrative and story telling techniques in journals With useful exercises and activities that enhance learning journal work in a structured manner Learning Journals is invaluable reading for teachers and students in higher education for all professionals particularly those working in the health services and business and training and for all those who want to learn more about keeping a fulfilling personal journal

Transforming Education with AI Shane Snipes, PhD, 2023-05-02 Discover the transformative power of AI in education with this comprehensive guide to using ChatGPT in the classroom Written by Dr Shane Snipes an expert in artificial intelligence and education this book delves into the potential of ChatGPT to revolutionize teaching and learning From supporting critical thinking and problem solving skills to creating dynamic and interactive assignments this book offers step by step guidance practical examples and classroom ideas for educators looking to harness AI Gain insights into pedagogical considerations ethical concerns and the future of AI driven education With a wealth of discussion questions activities and tips

for implementation this book is an essential resource for teachers and school leaders navigating the AI landscape in education

The Reflective Mind Ylia Callan, 2025-08-17 *The Reflective Mind* A Mirror of Consciousness explores the profound interplay between water light sound and the human mind to uncover the mechanisms of awareness and memory From the molecular structure of water to the neural networks of the brain this book reveals how the physical universe serves as a living mirror for consciousness Readers journey through the reflective properties of nature the liquid architecture of the brain and the vibrational language of perception With a compelling exploration of memory emotion and even artificial intelligence *The Reflective Mind* invites you to see yourself and consciousness itself as an intricate dynamic reflection of the world around you

The Journal of Philosophy, Psychology and Scientific Methods, 1914

The New Advisor Guidebook Pat Folsom, Franklin Yoder, Jennifer E. Joslin, 2015-08-21 This is an exciting time to be an academic advisor a time in which global recognition of the importance of advising is growing research affirms the critical role advising plays in student success and institutions of higher education increasingly view advising as integral to their missions and essential for improving the quality of students educational experiences It is essential that advisors provide knowledgeable realistic counsel to the students in their charge *The New Advisor Guidebook* helps advisors meet this challenge The first and final chapters of the book identify the knowledge and skills advisors must master These chapters present frameworks for setting and benchmarking self development goals and for creating self development plans Each of the chapters in between focuses on foundational content the basic terms concepts information and skills advisors must learn in their first year and upon which they will build over the lengths of their careers These chapters include strategies questions guidelines examples and case studies that give advisors the tools to apply this content in their work with students from demonstrations of how student development theories might play out in advising sessions to questions advisors can ask to become aware of their biases and avoid making assumptions about students to a checklist for improving listening interviewing and referral skills The book covers various ways in which advising is delivered one to one in groups and online *The New Advisor Guidebook* serves as an introduction to what advisors must know to do their jobs effectively It pairs with *Academic Advising Approaches Strategies That Teach Students to Make the Most of College* also from NACADA which presents the delivery strategies successful advisors can use to help students make the most of their college experience

Transformation Through Journal Writing Jane Wood, 2012-11-01 A personal record of reflections and experiences a journal is an effective way to self care and self develop This book is a grounded guide to the reflective practice of journaling for those in the helping professions Full of original ideas exercises and examples it provides everything needed to establish and advance journaling skills

Introduction to Motivational Interviewing for Mental Health Clinicians Philip Jericho Townsend, 2024 *Introduction to Motivational Interviewing for Mental Health Clinicians* is an essential primer designed to navigate the complexities of mental health care through the lens of Motivational Interviewing MI Tailored specifically for clinicians therapists and counselors this

comprehensive guide offers a foundational understanding of MI principles strategies and applications in a mental health context Crafted with clarity and insight by experts in the field the book begins by demystifying the core concepts of MI including its origins theoretical underpinnings and the pivotal role of empathy in the therapeutic process Readers are introduced to the MI spirit and principles that underscore the approach partnership acceptance compassion and evocation Through engaging explanations and examples the book elucidates how these principles facilitate a collaborative therapeutic relationship empowering clients to explore their ambivalence and initiate meaningful change Key sections of the book are devoted to practical MI skills essential for mental health clinicians such as open ended questioning affirmations reflective listening and summarizing Each skill is explored in depth accompanied by real life dialogues and exercises that allow readers to practice and internalize these techniques Special attention is given to navigating resistance a common challenge in therapy with MI strategies designed to foster a supportive dialogue where change can emerge organically Introduction to Motivational Interviewing for Mental Health Clinicians goes beyond basic MI training offering insights into advanced topics such as integrating MI with other therapeutic modalities adapting MI for diverse populations and applying MI in group settings The book also addresses the practical aspects of implementing MI in various mental health care settings providing clinicians with a roadmap to enhance their practice and improve client outcomes Rich with case studies interactive exercises and reflective questions this book serves as a dynamic learning tool for clinicians at all levels of experience Whether you are new to MI or seeking to refresh your knowledge this guide will deepen your understanding of this powerful approach equipping you with the skills to facilitate change with empathy respect and effectiveness Introduction to Motivational Interviewing for Mental Health Clinicians is more than a book it s a journey into the heart of client centered care offering a path to transformative conversations and lasting change in the lives of those you serve

The Journal of Educational Research ,1921 Biology. Anthropology. Psychology. Sociology Howard Jason Rogers,1906 **The Journal of Philosophy** ,1929 Covers topics in philosophy psychology and scientific methods Vols 31 include A Bibliography of philosophy 1933 **Demystifying Critical Reflection** Namala Tilakaratna,Eszter Szenes,2024-01-24 Drawing on Legitimation Code Theory LCT this volume reveals the knowledge practices and language of critical reflection in a range of different subjects making clear how it can be taught and learned Critical thinking is widely held to be a key attribute required for successfully living learning and earning in modern societies Universities now list critical thinking as a key graduate quality and use critical reflection as a way of teaching students how to become reflective and ethical professionals Yet what critical reflection actually involves remains vague in research teaching practice and assessment Studies draw on LCT a fast growing framework for revealing the knowledge practices that enable educational success and the individual chapters focus on a diverse range of contexts across the disciplinary map including education science arts sociology and nursing The book further connects research and practice by presenting in depth analyses of critical reflection and providing

practical insights into how LCT can be used to design pedagogic interventions The book offers a rich resource for both scholars and teachers who want to demystify critical reflection and prepare university students for the modern workplace

Pedagogic Research in Geography Higher Education Martin Haigh, Debby Cotton, Tim Hall, 2017-10-02 There are many books about teaching in Geography but this is the first dealing specifically with Pedagogic Research its methods and practices Pedagogy research concerns the processes of learning and the development of learners It is a learner centred activity that aims to evaluate and improve the ways that students learn and learn to manage control and comprehend their own learning processes first as Geographers in Higher Education but equally as future educated citizens This book collects together some key research papers from the Journal of Geography in Higher Education They concern original research and critical perspectives on how Geographers learn critical evaluations of both new and traditional frameworks and methods used for Pedagogic research in Geography and some case studies on the promotion of self authorship learner autonomy in key Geography Higher Education contexts such as fieldwork and undergraduate project work This book is a compilation of articles from various issues of the Journal of Geography in Higher Education

Psychology Applied to Teaching Jack Snowman, Robert Frederick Biehler, 2006 Scaling up excellence is the key to creating a great organisation It s how a small enterprise expands without losing focus It s how a brilliant new idea or plan developed by the few goes on to be adopted by the many And in hard times and tough situations it s how pockets of smart new thinking overcome cultures of indifference or negativity An organisation that doesn t know how to scale up what is best within it won t achieve long term success Bestselling author Robert Sutton and his Stanford colleague Huggy Rao have devoted nearly a decade to uncovering what it takes to create and spread outstanding performance and in Scaling Up Excellence they share the fruits of their research Drawing on case studies that range from Silicon Valley enterprises to non profit organisations they provide crucial insights into corporate cultures both good and bad and offer a road map for establishing and stimulating excellence In the process they show how to use premortems when making big decisions about change They reveal why seven is so often the magic number when it comes to team size They examine successful and unsuccessful quests for improvement u in hospitals schools and elsewhere And they discuss when a single corporate mindset is best Catholicism and when local variation is preferable Buddhism Scaling Up Excellence is the first management book devoted to what is u or should be u a core priority for every organisation As such it is destined to become the standard bearer

Congress of Arts and Science: Biology. Anthropology. Psychology. Sociology Howard Jason Rogers, 1906 **The Empty Pay-check: Aligning Purpose, Intent, and Success** Aakash Singh, 2025-02-13 The Empty Pay check Aligning Purpose Intent and Success challenges the conventional notion of success urging readers to move beyond financial rewards and build a career rooted in passion and purpose With science backed insights real life examples and actionable strategies this book serves as a guide to aligning your work with what truly matters creating a life that is both fulfilling and impactful

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Table of Contents Reflective Journal Example Psychology

1. Understanding the eBook Reflective Journal Example Psychology
 - The Rise of Digital Reading Reflective Journal Example Psychology
 - Advantages of eBooks Over Traditional Books
2. Identifying Reflective Journal Example Psychology
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Reflective Journal Example Psychology
 - User-Friendly Interface
4. Exploring eBook Recommendations from Reflective Journal Example Psychology
 - Personalized Recommendations
 - Reflective Journal Example Psychology User Reviews and Ratings

- Reflective Journal Example Psychology and Bestseller Lists
- 5. Accessing Reflective Journal Example Psychology Free and Paid eBooks
 - Reflective Journal Example Psychology Public Domain eBooks
 - Reflective Journal Example Psychology eBook Subscription Services
 - Reflective Journal Example Psychology Budget-Friendly Options
- 6. Navigating Reflective Journal Example Psychology eBook Formats
 - ePub, PDF, MOBI, and More
 - Reflective Journal Example Psychology Compatibility with Devices
 - Reflective Journal Example Psychology Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Reflective Journal Example Psychology
 - Highlighting and Note-Taking Reflective Journal Example Psychology
 - Interactive Elements Reflective Journal Example Psychology
- 8. Staying Engaged with Reflective Journal Example Psychology
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Reflective Journal Example Psychology
- 9. Balancing eBooks and Physical Books Reflective Journal Example Psychology
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Reflective Journal Example Psychology
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Reflective Journal Example Psychology
 - Setting Reading Goals Reflective Journal Example Psychology
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Reflective Journal Example Psychology
 - Fact-Checking eBook Content of Reflective Journal Example Psychology
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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