

# Reflective Writing for Medical Students

## PMCD Workshop

17<sup>th</sup> October 2012

### Strategies:

- Write your diary entries immediately after the activity/ visit, then reflect and write a comment a few days later
- Explain your feelings in relation to your strengths, capacities, fears, weaknesses and biases
- Suggest alternative actions you might have taken (or might take next time) to improve the activity/ visit and make it a better learning experience
- Give advice to yourself about what to do in the future
- Find questions which you need to think about/ issues which you don't yet understand, but need to understand!

### Useful phrases:

- I can see clearly that .....
- What I can't make sense of is .....
- What went well/ badly was .....
- I think / felt/ discovered/ wondered/ was aware that ...
- From the feedback I received, .....
- This was because .....
- Next time I shall .....
- In order to ....., I shall .....
- This will enable me to .....
- I need to .....
- I am planning to .....

Competencies	Year 1
<b>Experience, evidence and written communication</b>	Student identifies and effectively describes significant personal and professional experiences including some relevant to the portfolio theme.
<b>Self awareness</b>	Student describes own feelings, views, values and assumptions in relation to these experiences. Considers the feelings and views of others.
<b>Reflection and analysis</b>	Student identifies key issues and questions raised by the experiences and shows evidence of reflection and self questioning.
<b>Research and integration of knowledge</b>	Student makes links to "Medical students: professional behaviour and fitness to practice", prior knowledge and relevant reading and resources
<b>Action planning</b>	Student identifies and explains strengths and areas for personal and professional development based on the above.
<b>Evaluation</b>	Student explains what he/she has learnt from writing this analysis