



Reflective Blog Writing

This workshop is introduced to help students to reflect on their learning and to develop a learning community for peer support and sharing of experiences through blogging.

Reflective Writing

Reflective writing is evidence of reflective thinking and involves,

1. **Looking back** at an event or learning opportunity
2. **Analysing** the event (uses different perspectives, tries to explain, references theory/practice).
3. **Explaining** what the event means for you and your ongoing progress as a learner and/or practising professional.

You are essentially revealing successes and mistakes, areas of strength and areas to grow.

Learning Community

Shares Learning Experiences with peers.

What?

Describe the situation: summarize
What happened or what was learned

Now What?

How did this situation affect you?
What was the outcome? How will you use this in your future profession?

BLOG

Peer and tutor support during reflective process.

So What?

Interpret what is interesting, relevant, and/or important about the event. How does this relate to theory/practice? Is the event similar/different from previous experiences (consider all aspects of life: school, work, home, clubs, hobbies etc.)



Vocabulary for Reflective Writing

So What? (Interpretation)

For me, the
[most]

Meaningful
Significant
Important
Relevant
useful

Aspect(s)
Element(s)
Experience(s)
Issue(s)
Idea(s)
learning

Was (were)..
Arose from..
Happened
when..
Resulted from...

Previously,
At the time,
At first,
Initially,
Subsequently,
Later,

Thought (did not think)
Felt (did not feel)
Knew (did not know)
Noticed (did not notice)
Questioned (did not question)
Realized (did not realize)

Alternatively, this
Equally, this

Might be
Is perhaps
Could be
Is probably

Because of..
Due to..
Explained by..
Related to...



Vocabulary for Reflective Writing

Now what? Outcome

Having

- Read
- Experienced
- Applied
- Discussed
- Analysed
- Learned

I now

- Feel
- Think
- Realize
- Wonder
- Question
- know

Additionally,
Furthermore,
Most importantly,

I have learned that...

I have

- Significantly
- slightly

Developed
improved

My skills in...
My understanding of...
My knowledge of...
My ability to...

However, I have not
[sufficiently, quite]

This

- Knowledge
- Understanding
- skill

Is
Could be
Will be

Essential
Important
useful

To me as a learner because...
To me as a practitioner because...



Because I

- Did not...
- Have not yet...
- Am not yet certain about...
- Am not yet confident about...
- Do not yet know...
- Do not yet understand...

I will now need to...

As a next step, I need to...

Information adapted from:

Hampton, M. (n.d.). *Reflective writing: A basic introduction*. University of Portsmouth

Academic Press [online]. Retrieved from [http://www.](http://www.port.ac.uk/departments/studentsupport/ask/resources/handouts/writtenassignments/filetodownload.73259.en.pdf)

[port.ac.uk/departments/studentsupport/ask/resources/handouts/writtenassignments/filetodownload.73259.en.pdf](http://www.port.ac.uk/departments/studentsupport/ask/resources/handouts/writtenassignments/filetodownload.73259.en.pdf)

Ethical Considerations:

- **Blog posts are restricted to the class and the teacher/tutors**
- **Students must respect confidentiality and not disclose private information especially related to placement/workplace situations.**