Student Reflection Log

See reverse for guidance on completing reflection log.

Week No.: __________________________ Location: __________________________

Brief description of the event:
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________

Using the prompts on the back reflect on your experience:
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________

Now thinking forward what change could you implement from this experience:
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________

Any further reflection/learning after discussion with PPE:
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________

Signatures of acknowledgement:
Practice Placement Educator: __________________________ Date: __________________________
Student: __________________________ Date: __________________________

Guidelines on Completing Reflection Logs:

Reflection Log, Appendix 13 DT223/2017/V2 Updated 19/07/17 TCD (MG)
- The purpose of reflecting on our actions allows us to learn from our experiences both positive and negative and guide optimal future performance.
- Logs should be routinely completed by the student after a learning experience (either personally undertaken or observed).
- A minimum of two logs must be completed per week.
- The logs should be shown to and discussed with the educator within 1-2 days of the learning experience occurring. Reflection logs must be brought to the meeting at the end of the rotation with each PPE.
- While logs are not corrected by the PPE as right or wrong the content should stimulate further discussion on the experience between the PPE and the student.
- Reflections should consist of a 3 stage process:
  1. A brief objective description of the event. Outline the following:
     - Who was present?
     - Where/When did it occur?
     - What actually took place?
     - Who did what & how?
  2. A truthful self examination/reflection on the event. Consider how the following may have impacted:
     - What new skill did I use/observe in this case?
     - If observing someone else, what novel approach did they take that I wouldn’t have considered/worked well/didn’t work?
     - Did I have any fears before I undertook the case? If yes, did my fears impact my actions?
     - Did I fully understand the case presented to me?
     - Was I fully prepared for the case/experience?
     - Did I accurately collect/record information in the assessment?
     - Did I accurately analyse the information available?
     - Were the dietary goals and plans created for the patient clear/realistic/acceptable to the patient & team/prioritised correctly?
     - Did I consider/use alternative communication techniques/assessment techniques/dietary plans that may have been more acceptable/appropriate to this case?
     - How did my communication with others (the patient/team/other healthcare staff/carers/family/supervising dietitian) impact the success of the assessment/implementation of plan/advice giving?
     - Did I make any overall assumptions regarding this patient’s care that impacted my intervention/plan?
     - Were there any external factors that may have impacted the success of the assessment/implementation of plan/advice giving that I overlooked?
     - What did I learn about myself from this case?
     - Is this a skill/competence that I have highlighted previously that needed work? If so, what changes have I made in the past to address this, have they worked?
  3. Learning achieved & a plan to guide future performance. Be specific & pick one or max two learning outcomes from each experience that you can implement going forward. Consider the following:
     - One good thing you did/observed in this case that you can incorporate into future cases.
     - One thing you would do differently with a similar case in the future.
     - One skill/competency you need to work on going forward and how you can achieve that.