

FACILITATING REFLECTION

WITH UNDERGRADUATE DIETITIANS

Reflection is a means of improving future practice by thinking about past and current practice in a systematic and constructive manner.

The difference between reflection and feedback is that reflection should be led by the student and feedback should be led by the supervising dietitian. Both processes require shared input.

1. Get the student's view

Encourage the student to lead the identification of a situation or part of a situation to reflect upon, to gain insight into how they viewed a particular learning opportunity.

"It may be useful to reflect on that experience. What are your main thoughts on how the consult with Mrs Jones went?"

2. Deepen the reflection with your own observations, as needed

Add your own observations to scaffold the student's learning, as appropriate.

"There was a moment when you were taking the diet history and Mrs Jones said, 'I don't cook as much since my husband passed.' We could add how you acknowledged her sharing that insight, to this reflection."

3. Connect thoughts to actions

Encourage the student to connect their thoughts to their actions. Focus on tangible (i.e. behaviours or words) aspects of their performance, using neutral language.

"I observed Mrs Jones taking a tissue and you saying, 'I see. So what do you have to eat in the evening time if you're cooking less often?' What were you thinking about when you asked that question at that moment?"

4. Connect actions to consequences

Ask the student to clarify the consequences of their actions for all involved.

"You were thinking about keeping to time and that is important. However, when you asked your question at that moment, can you describe what happened to the interaction?"

5. Reinforce or revise

Reinforce positive consequences. Revise less positive consequences.

"Practising with your peer really helped your delivery of that presentation. Continue with that supportive measure in future."

"We've identified an opportunity to strengthen your practice. Let's devise 1-2 actions to strengthen your clinical practice in similar situations in future."

