A spotlight on reflective practice

Consider questions

Complete these questions in conjunction with reading the handout “A spotlight on reflective practice”.

- ✓ In what ways is reflective practice similar or different to activities such as chatting with colleagues and families?

- ✓ Do I use reflection in my practice?

- ✓ What do I need to know and be able to do as a reflective practitioner?

- ✓ What kind of reflective practitioner am I?

- ✓ How do I, or can I, use reflection in my practice?

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