

The Importance of Reflection...

25 minutes discussion
15 Minutes Q&A from students

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YouTube: Medical Projects



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Housekeeping and Introductions:

- We will send a recording and slides out within 48 hours
- Q&A section at the end
- Please use the Upvote system
- We will be using poll questions, get involved!
- Then over to Dr Diviney

What this webinar will cover:

- Why do I need to reflect?
- What can I use reflection for?
- How do I reflect? A suggested framework...
- Examples to work through
- Work experience diary for you to use

Over to Dr Diviney :)

Why do I need to reflect?

The ability to reflect is a key skill for applications.

Universities want you to be able to understand the following:

- What are your personal skills and abilities?
- What are the skills and abilities of a good healthcare professional?
- What have you learnt from your work experience?
- How has this changed you for the better?
- How has this made you a better future doctor?

What else should I reflect on?

- What are the day-to-day lives of healthcare professionals like?
- What have I learnt about the NHS?
- How has the NHS changed in the last few years?
- What has the UK response been to the current pandemic?
- Difficult scenarios you have come across

The list of possible things to reflect on are endless!

What can I use reflection for?

Key for important aspects of the University application process:

- Personal Statement
- Interview

Brings your application to another level

Shows further understanding of what you're reflecting on

Suggested Reflection Framework (simple):

Step 1: The situation

Step 2: Reflect internally

Step 3: Reflect for the future

There are no right or wrongs for the reflective thoughts themselves

Steps described in more detail on the next slide

Suggested Reflection Framework:

Step 1: Brief description of the situation

Step 2: Reflect on what it meant to you, how you felt or how it was significant to you

Step 3: How did this affect you for the future? Will you change your behaviour? Should others change? How can things be better? Has this situation made you a better potential healthcare professional?

Another suggested framework:

Step 1: Description

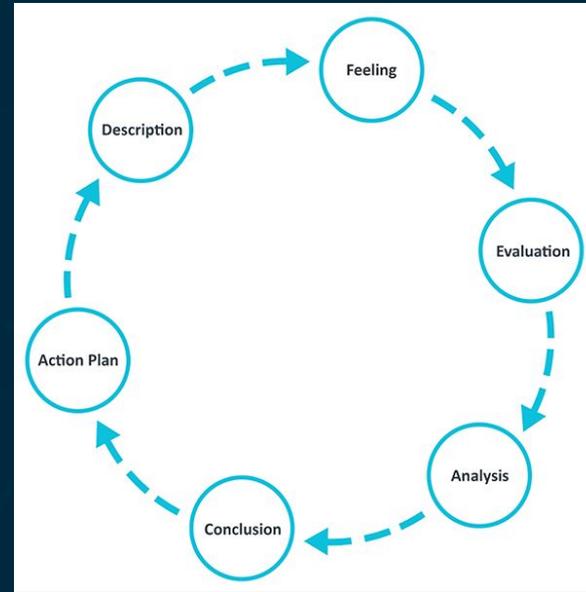
Step 2: Feelings

Step 3: Evaluation

Step 4: Analysis

Step 5: Conclusion

Step 6: Action Plan



Gibbs' Reflective Cycle

Another suggested framework:

Step 1: Description of the event/situation

Step 2: Your own feelings of the event/situation

Step 3: Evaluate on the good and bad things about it

Step 4: Analyse and make sense of the situation

Step 5: Conclude what you have learnt and could have changed

Step 6: Action Plan for the future

Reflection Example 1:

Step 1: When I was on work experience at a GP Practice, I observed the doctor empathise with the patient when discussing their depression.

Step 2: I thought the doctor was very empathetic with the patient when discussing their depression.

Step 3 + 4: I observed the patient's body language relax in response to this and they were much more comfortable in discussing their difficult situation due to the calming language used.

Step 5 + 6: This is a skill that I understand is important as it can help someone who feels vulnerable to open up and one I plan to embrace and develop in the future to become a better doctor.

Reflection Example 2:

Step 1: As captain of the school rugby team, I have developed leadership and teamwork skills

Step 2: I felt I was a good leader

Step 3: because of my ability to incorporate others' opinions and ensure I thought of others in the team.

Step 4: I would receive feedback from my team members on how this was effective and helped them work well together. We may have lost in the final last year but are really good friends and I think this style of leadership helped.

Step 5 + 6: I think this is what would make me a good doctor. They work in members of a team throughout a hospital and a good leader should be considerate of others. This is a skill I plan to hone and use in my future career.

Key points:

- Think about your own viewpoint
- But also think about other possible viewpoints of the situation
- Doctors reflect in their portfolio to develop further what they have seen - the ability to reflect is an important life skill
- There are lots of ways to reflect so make it your own too!
- Suggest having a different reflective scenario prepared for each skill/attribute Universities desire

Suggested Preparations:

There are certain skills/attributes Universities look for so have reflections ready!

- Why do you want to be a doctor?
- Situation where you:
 - Communicated well?
 - Were a good leader?
 - Were a good team player?
 - Were a carer?
 - Showed empathy?

Work Experience Diary:

Important to keep a continuous diary to look back on!!

Date and Location	Specific Example	How it made me feel and why	Evaluation of the good and bad things	What skills/attributes have I learnt about?	What have I learnt about this future career?	Questions I had following this experience