**Resource: Outline approach to reflection**

Use the table on p.211 to guide your own approach to the reflection you need to undertake. Write your decisions about your approach, using the right-hand boxes, below

|  |  |
| --- | --- |
| **Aspect** | **Decision** |
| **Purpose** | *What do I want to understand better (and why is this significant):* |
| **Type of outcome and outputs wanted?** | *What specific outcomes do you want to achieve? What form will your reflections take, as outputs, such as conclusions, recommendations, critical observations, personal guidelines, etc.?* |
| **Focus** | *Area of experience to focus on:*  *How would this focus be useful in achieving my purpose?* |
| **Model** | *I will/won’t be drawing on a formal model of reflection because …*  *The model I will use is:* |
| **Method** | *With whom:*  *Frequency:*  *When:*  *First steps/prompts:*  *Evolution (working with your reflective material).*  *End-point:* |
| **Theory** | *Which theoretical perspectives and approaches I am going to draw upon:* |
| **Audience** | *To help the reader, I will organise the writing up of these reflections by …*  *Confidentiality issues I need to address and how I will do so:* |