Reflecting on Your Clinical Experiences

1. Review 3 major components in “reflection” (Constantino & De Lorenzo, 2002)
   - Reflection involves systematically and insightfully thinking about what you are doing and learning.
   - It should lead to insightful change of behavior towards improvement and/or competence.
   - It is a process that is cultivated over time.

2. Review University of Central Florida’s Reflective Writing guide
   a. Discuss 3 component’s of reflective writing:
      i. Reaction
         1. Replace the following sentences in the following section:
            a. Relevance: How is the evidence related to your clinical skills. How is the evidence meaningful or how does it contribute to your understanding of the clinical process and your clinical skill development?
      ii. Relevance
      iii. Responsibility
   b. Go over assignment for next class activity
      i. Reflective Essay – Clinical Experiences
         1. Assigned 10
         2. Due Oct 17
      ii. Reflection will be shared in group