This tool can be used for self-reflection, to prepare for reflective supervision, or to prepare for a written critical reflection for your ASYE Critical Reflection Log.

The questions are not necessarily consecutive.

Reflective Planning

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| What is the piece of work? |
| What are my objectives, professional and personal? |
| How will I achieve those objectives? |
| What feelings do I have about this piece of work? |
| What will help? |
| What might get in the way? Can I plan for this? |
| What knowledge will I need? (Law, theory, approaches, resources, process)What other knowledge might be useful? |
| What is the context for the person or family I will be working with? |
| What preparation do I need to do? |
| What are my hypotheses and concerns? How do I prevent confirmatory bias? |
| Use of self. How will I be perceived by this service user? How do my values, personality and appearance impact on the intervention? How can I reassure them of my competence? How will I build trust? How can I address power imbalance?  |
| What can I do to make my practice less oppressive? |
| What is my plan? |

Reflective Practice

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| How do I carry out my plan? What am I doing and why? |
| What do I observe and hear? How do I think about this? |
| What decisions do I make, how and why? (e.g. how might I adjust my plan or approach, what action do I need to take next) |
| How do I relate what I am observing or hearing to my professional knowledge base and values? |
| What am I feeling about this situation, the person, child, other people present? |
| How do my values impact on my thoughts and actions?  |
| How do I respond to surprises? |
| Do I need to change what I am doing or take control? |
| How do I check different hypotheses? |
| How do I check that my practice is less oppressive? |
| How do I draw summarise and take this forward? |
| How do we end? |

Reflection on Practice

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| What were my objectives? Did these change? |
| Were my objectives achieved? How? |
| How do I feel about the practice? Why? |
| What worked well and why? |
| What didn’t work so well and why? |
| What feelings am I left with? |
| How did the intervention link to research and theory? |
| How did the intervention link to values? |
| How did I use self? |
| How well did I minimise the oppressive nature of the intervention? |
| Were there any conflicts or ethical dilemmas?  |
| What have you learned? |
| What do you need to learn? |
| Actions |