

# REFLECTIVE JOURNAL

The main aim of this journal is to keep a record of my thoughts, notes, reflections and questions about this subject, and some implementation activities related to this subject that I have carried out in my classes. All the information we can find in this journal is connected, however I have decided to classify them by topics.

## ❖ Assessment & Evaluation:

I would like to center this reflection on my personal opinion about the fact of assessing and being assessed: how people feel, if they like or not and why, etc.

In my opinion the feeling people have when we are assessed changes through the years and it different depending on the kind you are. When children are at school they feel that assessment is something compulsory for them, but they do not really feel the pressure that, for example, students at high school feel because they know that they have to achieve the goals and the targets and unless they do it, they will not promote. On the other hand, we can think of assessment from the teachers' or parents' perspective. If we focus on parents' perspective, assessment is something good because it facilitates them the fact of knowing that their children are working at school and if they are truly learning or not. Now, I will focus on teachers' perspective. For teachers assessment is something great because it gives information about students and their progress in the learning process, about our own job (because we are assessed by others teachers of self-assessment) and information about the quality of the tools we use in our classes.

## ❖ Formative & Summative Assessment:

I would like to mention that, before studying this unit it was difficult for me to understand the difference between formative and summative assessment. However, now, I am able to distinguish them and that's why I would like to refers on these terms in the following lines. After each explanation, I will give you some examples of how I use each of the assessments with my students.

- Formative assessment provides explicit feedback to both, teacher and students, in order to improve the teaching-learning process, it means, the

# How To Write A Reflective Journal

**Jeannie Wright, Gillie Bolton**



## How To Write A Reflective Journal:

**Reflective Writing for Nursing, Health and Social Work** Elizabeth Tanguay, Peter Hanratty, Ben Martin, 2025-07-10

This book takes students step by step through the process of planning and writing a reflective essay beginning with crucial guidance on planning and structure. It introduces different reflective frameworks and shows readers how to structure a piece of writing according to a particular framework. Chapters contain a wealth of activities and exercises which will help build students skills and confidence. The new edition features guidance on working with AI tools as part of the reflective writing process and helps students understand the benefits, the risks and how to maintain academic integrity. The book also features a new introductory section about getting into the reflective mindset. Suitable for students of all health related disciplines, this book gives readers the key tools they need to take their writing to the next level. The Student's Guide to Reflective Writing

Martin McMorro, 2024-03-21. From your studies to your career, reflection and reflective writing is a key skill for personal and professional development. However, reflective writing requires a different approach to essays or reports; it can be difficult to know how to accomplish it. Written in a supportive and inclusive tone, The Student's Guide to Reflective Writing is an ideal resource for anyone faced with reflective writing assignments. It provides clear and practical advice on every step of the process, showing you how to: Record your experiences; Choose what to write about; Structure your assignment; Write reflectively using appropriate tone and language; and Incorporate theory and refer to professional skills and competencies. Throughout the book, there are a wealth of practice tasks and detailed examples of reflective writing from a range of disciplines. It also contains a glossary of sentence structures to help you get started and build your confidence. This hands-on and supportive guide equips you with the skills to write critically reflectively and successfully. **Becoming a Reflective Practitioner**

Christopher Johns, 2009-07-27. From Reviews of the second edition: Christopher Johns is an internationally recognised pioneer of reflective practice in nursing and health care. The first edition of this book was an excellent resource and this updated version is equally impressive. This is a superb resource for nurses and all those eager to enhance their knowledge and skills in reflective practice. It is well presented, user friendly and stimulating. Nursing Standard **Becoming a Reflective Practitioner** is a practical guide to using reflection in every day clinical practice. It explores the value of using models of reflection with particular reference to Christopher Johns' own model for structured reflection. **Becoming a Reflective Practitioner** includes accounts of everyday practice to guide the reader through the stages of reflective practice within the context of care, desirable practice and the caring relationship. This third edition reflects significant developments in reflective theory and gives greater attention to different approaches to reflection, including the use of narrative dialogue. New chapters are included on ensuring quality and managing conflict. Exemplars are included throughout and further references and reflected reading are included at the end of each chapter. Reflective practice is acknowledged as an effective approach to developing nursing care which evolves as the practitioner develops his or her own practice. This book will

therefore be of interest to all nurses involved in developing their clinical practice A practical guide to developing reflective practice Reflects significant developments in reflective theory Examines Christopher Johns own model for structured reflection Centred on care and the caring relationship Challenges practitioners to question their practice      **Effective Learning and Teaching of Writing** Gert Rijlaarsdam,Huub Bergh,Michel Couzijn,2007-11-23 Effective Learning and Teaching of Writing is a handbook on research on the effective teaching and learning of writing It is a reference for researchers and educators in the domain of written composition in education Effective Learning and Teaching of Writing covers all age ranges and school settings and it deals with various aspects of writing and text types Research methodology varies from experimental studies to reflective classroom practitioners research This new volume in the series Studies in Writing brings together researchers from all kinds of disciplines involved in writing research and countries in their endeavour to improve the teaching of written composition It is the result of co operation of researchers all over the world and shows that in spite of the differences in educational regions over the world research in writing shares similar problems and tries to find answers and generate new questions The body of knowledge in this volume will inspire researchers and teachers to improve research and practice      **Journal Keeping** Dannelle D. Stevens,Joanne E. Cooper,2023-07-03 By the authors of the acclaimed Introduction to Rubrics Major growth of interest in keeping journals or diaries for personal reflection and growth and as a teaching tool Will appeal to college faculty administrators and teachers One of the most powerful ways to learn reflect and make sense of our lives is through journal keeping This book presents the potential uses and benefits of journals for personal and professional development particularly for those in academic life and demonstrates journals potential to foster college students learning fluency and voice and creative thinking In professional life a journal helps to organize prioritize and address the many expectations of a faculty member s or administrator s roles Journals are effective for developing time management skills building problem solving skills fostering insight and decreasing stress Both writing and rereading journal entries allow the journal keeper to document thinking to track changes and review observations and to examine assumptions and so gain fresh perspectives and insights over past events The authors present the background to help readers make an informed decision about the value of journals and to determine whether journals will fit appropriately with their teaching objectives or help manage their personal and professional lives They offer insights and advice on selecting the format or formats and techniques most appropriate for the reader s purposes      **Reflective Writing in Counselling and Psychotherapy** Jeannie Wright,Gillie Bolton,2012-03-31 Have you been asked to keep a personal development portfolio or reflective journal Are you struggling to know where to start how to write or what to include If the answer is yes this book will provide you with a straightforward route in telling you all you need to know about writing reflectively for your own personal and professional development Offering staged exercises case studies examples and ideas for self directed learning this book will lead the reader along an exciting journey of written self awareness covering the

background what exactly is reflective writing and why is it important the decisions when and how to start the practicalities the essentials of writing reflectively the stumbling blocks dealing with obstacles and difficulties the long haul maintaining reflective enquiry as a lifelong habit This book is an essential how to guide appropriate for all undergraduate and postgraduate trainees whether they are approaching the topic from a psychodynamic person centred or CBT perspective It will give trainees all the tools they need to become mature reflective practitioners Jeannie Wright Director of Counselling and Psychotherapy Programmes at Warwick University Gillie Bolton is a Freelance consultant in therapeutic reflective practice writing and author of the bestselling *Reflective Writing* 3rd Edition SAGE 2010 *The Reflective Journal* Barbara Bassot, 2024-08-26 This is a must have companion for those on placement or in professional practice or indeed anyone who is being encouraged to reflect more deeply on what they do A powerful tool for processing your thoughts feelings and actions The *Reflective Journal* will lead you to a deeper understanding of your working practice enabling you to achieve your professional goals With writing space for your own thoughts and an abundance of advice on personal development this is an essential resource for reflection that you can make completely your own Providing an introduction to all the key theories of critically reflective practice structured activities examples and helpful writing prompts it is ideally suited for students and practitioners in Nursing midwifery and allied health professions Social work Counselling and psychotherapy Teaching and learning support Career guidance and advice work Youth and community work Business and management This fourth edition includes fresh material on self awareness reflexivity anti oppressive practice and emotional intelligence along with brand new journal extracts and new exercises to tackle blocks to reflection [A Handbook of Reflective and Experiential Learning](#) Jennifer A. Moon, 2013-04-15 Reflective and experiential learning are now common currency in education and training and are recognized as important tools This handbook acts as an essential guide to understanding and using these techniques in educational and training contexts **Handbook on Teacher Portfolios for Evaluation and Professional Development** Pamela D. Tucker, James H. Stronge, Christopher R. Gareis, 2002 This research based book provides details on how educators can dramatically increase student achievement It offers numerous experience based ideas and strategies which can be applied to any school or district This book will help you establish a results oriented focus on the curriculum increase time on task and academic rigor for ALL students provide a supportive accountability system for all staff members identify and eliminate educational practices that lower student achievement and introduce an achievement audit process that will increase student performance in any school or district [Essential Mental Health Nursing Skills](#) Madeline O'Carroll, Alistair Park, 2007-06-26 This title is directed primarily towards health care professionals outside of the United States This book will help to identify the skills and resources that students already have and show how these can be developed into the essential skills needed for nursing in the mental health practice environment *Essential Mental Health Nursing Skills* draws on the policy and theory underpinning mental health nursing but focusses on the practical aspects providing an easily

understandable guide to what to do and how to do it It also provides a practical framework that can be applied in any setting Examples are given to show how skills can be applied across the diversity of modern mental health nursing Essential Mental Health Nursing Skills is also designed to be taken into the practice environment so that it can easily be referred to it when learning a skill identifies the skills essential for the mental health nurse provides an easy to understand guide to what to do and how to do it draws on the policy and theory but concentrates on the essential skills and their application in practice shows how the skills can be applied across mental health nursing designed to be taken into the practice environment to refer to when learning a skill examples from practice are included to help illustrate the material

*3D Printing Real Project for the Automotive Industry. Reflective Journal* Kristal Robles, 2017-08-22 Project Report from the year 2016 in the subject Business economics Business Management Corporate Governance grade 1 0 Munich University of Applied Sciences language English abstract In this seminar paper I reflect the experiences and feelings I had during this project in the way of a reflective journal rather than a reflective diary Unlikely the classical reflective diary definition which explains a diary as a book in which you write down your personal experiences and thoughts each day my reflective journal includes an analysis of my personal experiences and thoughts and a recommendation for future learning For my reflective journal I follow the DIEP strategy which helps me writing an academic reflection in four steps The four steps in this approach are to describe an insight to interpret and evaluate it and to plan how it might transfer to future practice or learning The paper is organized as follows Section 2 contains a brief reflecting diary to D Describe and I Interpret what I experienced discovered recognized and felt during our project Section 3 analyzes my reflecting diary according to my E Evaluation The fourth section focuses on P Plan suggestions for improvement

"Stretching" Exercises for Qualitative Researchers Valerie J. Janesick, 2004 Overall I consider this work to be a valuable resource for teachers and students of research as well as researchers who want to extend or refine their skills Qualitative Research Journal Through the use of exercises this book helps readers develop the skills necessary to become an effective qualitative researcher This edition includes new chapters on the analysis and interpretation of qualitative data and narrative techniques including coverage of autobiography biography and life history as viable approaches to understanding the social world

**Completing a Professional Practice Dissertation** Jerry W. Willis, Ron Valenti, Deborah Inman, 2010-06-01 A growing number of both established and newly developed doctoral programs are focusing on the preparation of practitioners rather than career researchers Professional doctorates such as the Doctor of Nursing Practice DNP Doctor of Education EdD Doctor of Pharmacy PharmD Doctor of Professional Studies DProf or DPS and the Doctor of Psychology PsyD are in fact just a few of the professional doctorates being offered today Professional doctorates are the fastest growing segment of doctoral education The nature of the dissertation and the process of completing a dissertation can be quite different in a professional practice doctoral program but there are few resources for both students and faculty involved in completing and mentoring such dissertations This book was written specifically for

students and faculty involved in professional practice dissertation work It addresses both the tasks and procedures that professional practice dissertations have in common with dissertations in research doctoral programs as well as the tasks and issues that are more common in professional practice doctoral programs For example negotiating entry into applied settings and securing the cooperation of practicing professionals is covered as are alternative models for the dissertation e g the three article dissertation or TAD The book also covers tasks such as getting IRB approval for applied dissertation research conducted in the field and how to propose and carry out studies based on applied and professional models of research This book written by three experienced mentors of professional practice dissertation students is the comprehensive guide for both students and faculty

*Continuing Professional Development in Nursing* Francis M. Quinn, 1998 This handbook offers practical guidance for everyone involved in professional development Expert advice is provided on relevant aspects of nursing practice such as reflective practice and clinical supervision

**Developing Certain Designs For Promoting Reflective Learning Practices At Secondary Level** Dr Asha O S, Shijing Xu, Yibing Liu, Zuochen Zhang, Michael Connelly, Chenkai Chi, 2024-10-21 During this uncertain time teacher education has never been more needed for West East dialogues and Reciprocal Learning Xu and Connelly's concept of reciprocal learning aims to harmonize the West East dichotomy and foster appreciation in education and understanding of each other's culture and history This book focuses on the field work done by the Teacher Education Research Team with chapter contributors from Canadian and Chinese professors graduate students and pre service teachers who have been deeply engaged in the RLP Following Xu and Connelly's conceptual framework of Reciprocal Learning as Collaborative Partnership the book begins with knowing the Teacher Education RLP followed by doing the West East reciprocal learning through the program It concludes with a discussion of the envisioned future of the RLP and commentaries from distinguished scholars in teacher education one from the West and the other from the East

*Differentiation in Practice* Carol A. Tomlinson, Cindy A. Strickland, 2005 This third book in the Differentiation in Practice series presents annotated lesson plans to illustrate how real teachers incorporate differentiation principles and strategies throughout an entire instructional unit

*Navigating Problem-based Learning* Samy Azer, 2008 This complete guide to problem based learning PBL in medicine and health professions explains the aims and essential elements of PBL and provides keys for successfully working in small groups

Reflective Teaching and Learning in the Health Professions David Kember, 2008-04-15 This book deals with the nature of professional education and the need to produce professionals who are capable of reflection upon practice It derives comprehensive guidelines for developing curricula and teaching methods that encourage reflective thinking It is heavily research based and the multiprofessional approach is unique to this subject matter It will appeal to educators in all health science disciplines The book includes an introduction to the concepts of reflection and reflective thinking and describes action research methodology used to carry out this study Findings are presented in the form of case studies and the

conclusions drawn are considered in the context of practical implementation      Reflective Social Work Practice Richard Ingram, Jane Fenton, Ann Hodson, 2017-09-16 This book provides social workers with a framework for reflecting on their day to day practice Using a social worker s diary as a starting point it provides valuable insight in to how reflection enhances skills and how factors such as values and emotions can shape social work practice



Delve into the emotional tapestry woven by Crafted by in Experience **How To Write A Reflective Journal** . This ebook, available for download in a PDF format ( \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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