Assumption challenge

Look at the statements below. Mark on the continuum what you believe about “reflective practice”.

Statements:

- Reflective practice helps you to make sense of an experience.
  
  strongly agree  ↔  strongly disagree

- Reflective practice is used at the end of an event/activity.
  
  strongly agree  ↔  strongly disagree

- Reflective practice is fundamental to improving practice.
  
  strongly agree  ↔  strongly disagree

- Reflective practice is more important for new staff.
  
  strongly agree  ↔  strongly disagree

- Reflective practice is indulgent.
  
  strongly agree  ↔  strongly disagree

Consider:

- Which statements did you strongly agree with?
- Which statements did you strongly disagree with?
- In which cases is your answer somewhere in the middle?
- How do your responses compare with other responses from other colleagues?
- What do your responses reveal about your beliefs and assumptions in relation to reflective practice?
- In which cases might your answer to the above questions be influenced by how you prefer to learn? (See “Setting the scene: My learning history” – learning styles information sheet.)