

## **Reflective Writing**

All reflective writing, however, has certain key features you need to include that relate to the 4Rs of reflection.

### **1. Report (describe) an issue or experience and explain why it is important to your professional practice. Give your initial response to the experience or issue**

Recount the experience or issue on which you have chosen to reflect. Explain what happened and in what context. Your initial response to the experience or issue can show where you stood before you started to analyse the situation.

### **2. Relate the issue / experience to your own skills, professional experience or discipline knowledge**

Describe any similar or related experiences you've had and whether the conditions were the same or different. Make connections between this and your previous knowledge and experience of similar situations.

### **3. Reason about (discuss) the issue / incident to show an understanding of how things work in this discipline or professional field**

You should highlight significant factors in the experience showing why they are important for a new understanding. Relate these back to the academic literature including theoretical or research-based literature as appropriate. Use qualitative and/or quantitative evidence where appropriate. Discuss different perspectives involved, e.g. ethical, social, legal, organisational, professional.

### **4. Reconstruct your understanding or future practice**

Outline the changes in your understanding and/or behaviour as a result of the experience and your reflection upon it. Explain the implications for this in your future professional practice. What actions will you take and why?