

# Welcome to the Personal Reflections Blog Site

Where professionals can learn, practice, and grow through professional reflections

**Reflection is** null dolor sit amet, consectetur adipiscing elit. null dolor sit amet, consectetur adipiscing elit. Nulla quam velit, vulputate eu pharetra nec, mattis ac neque. Duis vulputate commodo lectus, ac blandit elit tincidunt id. Sed rhoncus, tortor sed eleifend tristique, tortor mauris molestie

**Why reflection is important** null dolor sit amet, consectetur null dolor sit amet, consectetur adipiscing elit. Nulla quam velit, vulputate eu pharetra nec, mattis ac neque. Duis vulputate commodo lectus, ac blandit elit tincidunt id. Sed rhoncus, tortor sed eleifend tristique, tortor mauris molestie

## What is Reflection?

An overview of reflection, its purpose, and how to make it work for you.

## Reflections

Online resources to learn about and guide professional reflections.

## Education

Provide private space for personal reflections

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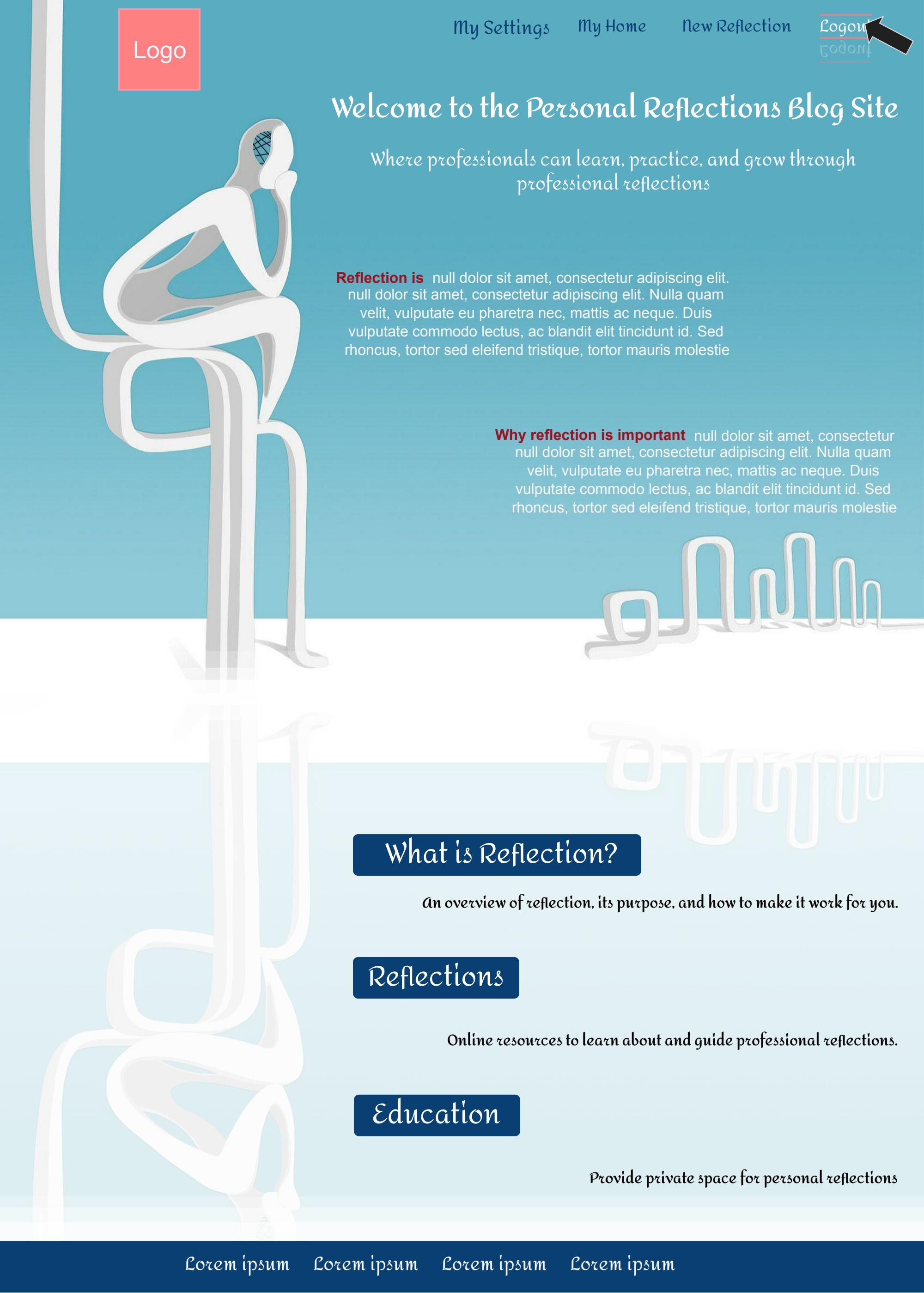
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## Subject

life/job/education

## Style

select a style to generate template



## Subject

Something something something

## What?

What is the purpose of returning to this situation?  
What happened?  
What did I see/do?  
What was my reaction?  
What did other people do who were involved in

## Why?

How did I feel at the time of the event?  
Were they different from others involved?  
Is this still bothering me?  
What were the effects of what I did?  
Did my practice change by me taking a closer look?  
Do any other people have thoughts about my actions?

## now What?

What are the implications for me/others because of this?  
If I do nothing, what difference does it make?  
How would I modify my actions if this happened again?  
What help do I need to take action?  
What are my first steps?  
How will I notice that I am different?  
What is the main learning that I take from reflecting on my practice in this way?

## Style

select a style to generate template ▾

Narrative  
Gibbs  
Johns  
Discroll  
Boud  
Rolle  
Murphy

When you hover over a style option, a faint version of the format will appear on the screen

## Subject

Something something something

## Style

Discroll



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Save Entry

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Discroll

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