

## Example of reflective writing

Below is an example of a student's reflection on an experience they found quite challenging while on placement.

**The different coloured sections of text indicate where the student has demonstrated the characteristics of reflective writing.**

The most significant learning experience from my work placement was a presentation I had to give towards the end of the placement. I had to talk about the project that I was working on at a staff meeting. I had thought that I was quite confident as I had spent quite a bit of time preparing it in the way that I have seen others make similar presentations even though I was still quite nervous as the student in the team rather than the professional. When it came to the presentation, I really wanted to do it well – as well as the presentations were done the week before. Maybe I wanted too much to do well?

My efforts to be calm failed and my voice went wobbly – that's how it felt to me anyway. I persevered with the presentation despite being nervous and unhappy with my performance. Afterwards, I talked things over with my supervisor and we identified where I could improve. I was a little bit embarrassed about having to talk to my supervisor but I felt it was the best way to learn how to improve. Presentations in a professional environment are much harder than at university.

The debrief that I had with my supervisor was really helpful and I realise that I need to structure my presentations better to help me present the information in a more logical way and I need to get a handle on my nerves by taking deep breaths before I start speaking and practising beforehand. From this experience I learned that it is really important to ask for help when you need it and even though criticism can be hard to take sometimes, if you can use it to improve then it is well worth it.

In the future, I will seek help before I get to the point of near disaster and will take on board any feedback that I receive. Overall, the experience has made me more confident about presenting in a professional situation, my communication skills have improved and I feel like facing a quite challenging situation has made me more resilient and able to bounce back after something hasn't gone the way I would have liked.

### Key:

Green: The student describes the situation (you need some of this to give context to the reflection)

Yellow: The student has acknowledged that they did not handle the situation as well as they could have.

Blue: The student reflects on the impact of their inability to handle the situation well.

Orange: Shows insights into the main reason why the situation was challenging and therefore a good learning opportunity.

Purple: The student reflects on the learning from their experience.

*(Adapted from Succeed@Solent, Southampton University.)*