PATCH TUTORIAL: REFLECTION (trainee)

Host Practice: **Date of Tutorial:**

Thinking back on what has happened on any situation, can help us make more of the learning that can arise. In deed, without some level of reflection – learning – a change in the way we think and act – will not occur.
The patch tutorials are new for us and we want to learn what works and how to improve their value: your feedback is very important to us.

Look back on today.
Are you ST2 / ST3 / other (please state)

1. **Describe what happened in this patch tutorial. How was the subject of the tutorial chosen? By whom?**

2. **Describe something(s) from today that was/were important for you.**

3. **Has this changed the way you think about something, how will it change the way you do or think about things in the future?**

4. **What further actions will you need to take to be able to apply this learning in your future work as a GP?**

5. **Did you find meeting up as a group in this way, helpful or do you think it may become so? Do you have any further suggestions?**