Reflective Writing
Read carefully; there are a lot of instructions!

Once in groups ask the registrars to think about this morning and their breakfast. **If they don't eat breakfast, then ask them to think about the period of time in the morning before they set off when they would have eaten breakfast if they did.** Ask them to follow the reflective learning cycle set out by Gibbs and write a reflective narrative about this morning. **They should be prepared to read this out.**

Give them 5 or so minutes to write this reflective piece. Ensure they can all see a copy of Gibbs reflective cycle, so they can follow the steps on the journey round the cycle.

Then go around the group and starting with your own get each person to read out their piece.

The aim of this is to reassure primarily.

It's amazing how much reflection you can actually manage about a really very mundane time of the day, which people generally don't really take the time to think about.

It will hopefully help us all to realise that reflection's not too hard and following these steps makes it really simple!

This is supposed to be a very relaxed, enjoyable part of the session.
Listening to the various pieces will (hopefully) enable those who haven't grasped the end part- *lessons to be learnt*, to see where they need to improve without being told.

Please ask them how they found this exercise; when I did it I was really rather surprised at firstly how interesting it was to hear all about different peoples breakfasting experiences, but also how much I was able to reflect on this time of the day.

Next ask the registrars to write a longer piece. Explain they will not have to read this out, but it would be good to share some of the pieces.
Get them to think about a difficult scenario they have recently encountered, i.e. something which they would be able to write an
e-portfolio log entry about.

Give them 20 minutes to write this piece, again using the reflective learning cycle for guidance.

Lunch is at 1pm so there will be time to hear a few before you break to eat.