

## Attachment B: Guidelines for a Preparing Reflective Journal/Diary

### NURSING STUDIES VI A GUIDELINES FOR WRITING A REFLECTIVE JOURNAL

(Adapted from: Holly, M.T. (1984) "Keeping a Personal - Professional Journal" Geelong: Deakin University)

Writing to reflect involves a cyclical pattern of reflection: first, reflecting on experiences before or as you write; and then, reflecting on the journal; entries themselves at some later stage, which may provide material for further reflection and writing; and so on.

In you journal you should try to address the following questions about your nursing practice experience:

1. What happened? What are the **facts**?
2. What was my **role** in the event?
3. What **feelings** and **senses** surrounded the vent?
4. What did I do?
5. How and what did I **feel** about what I did? Why?
6. What was the **setting**?
7. What was the **flow** of events?
8. What were the **important elements** of the event?
9. What **preceded** the event and what **followed** it?
10. What should I be **aware of** if the event recurs?

These are suggestions only, not binding regulations.

It is important, however, that you write in your reflective journal as soon as possible after an event to capture the "essence of it".

**DO NOT LEAVE YOUR WRITING UNTIL THE DAY BEFORE THE DUE DATE FOR SUBMISSION!**