

**Reflection Log**

The Reflection Log includes the student's individual reflections related to the clinical placement. The student should reflect on at least one event or situation that occurred or made an impression during the day. The accompanying matrix of completed activities should be used as a tool to support reflection. The same log sheet may be used over multiple days.

Through reflection, the student develops an understanding of how theory and practice are connected. Reflection should take place after each work shift, with the supervisor providing feedback on what the student should focus on in the coming days.

The following questions may be helpful during reflection:

* What have I learned today? Which situations triggered thoughts?
* What were you thinking and feeling?
* What was positive/negative today?
* What could we have done differently?
* How can you apply what you learned today?

|  |  |
| --- | --- |
| Reflections and date | Supervisors feedback and name |
|  |  |

|  |  |
| --- | --- |
| Reflections and date | Supervisors feedback and name |
|  |  |