

# Divider Sheet

## **HSC Appraisal Portfolio for Doctors in Training in Northern Ireland**

### **SECTION 8 REFLECTIVE NOTES**

This is the most personal section of your portfolio. You should take the time to make some brief notes about your progress, learning, training, assessment, appraisal, trainers etc. In fact this section can include personal views on any aspects of your learning and development.

You may choose to keep this section separately or you may wish to share it with friends, colleagues or trainers.

## Reflective Practice: Using Experience for Learning

**Trainee:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Location:** \_\_\_\_\_

An "experience" might be a particularly interesting/difficult case or critical incident

Describe the case/incident, its outcome and why it is significant to you  
*Patients must be identified by age and gender only*

What were the contributing factors?

What did you learn from this experience?

What would you do differently next time?

What additional service experience/training/education do you need?

## **Reflective Practice: Transferring Education into Practice**

**Trainee:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Location:** \_\_\_\_\_

Here "Education" includes: training sessions, lectures, study leave courses, conferences, work based projects, audits, research and open learning activities.

Title and brief description of the Educational Activity

What were the main learning points?

What would you do differently in practice as a result?

What additional service experience/training/education do you need to strengthen your practice in this area?

**Reflective Practice: About yourself**

**Over the last 6 months/1 year:**

How well do you think you are doing?

What was the “high-point” of the last period?

What was the “ Low-point” of the last period?

What could you have done better?

What can you do better in the future?

What additional help and support do you require / from whom?