Reflective practice and journaling

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Four stages of competence

- Unconscious Competence
- Conscious Incompetence
- Conscious Competence
- Unconscious Incompetence

Don’t know
Self awareness
Know
Knowledge or Skill

Adapted from Atherton 2006
Reflection and learning
Reflective journal

• Self awareness
  – Why are you here?
  – What do you want to do?
• Self management
  – How do you feel now that you are here?
  – How do you think you will feel at the end of the course?