

## Assumption challenge

Look at the statements below. Mark on the continuum what you believe about “reflective practice”.

### Statements:

- Reflective practice helps you to make sense of an experience.

strongly agree ←————→ strongly disagree

- Reflective practice is used at the end of an event/activity.

strongly agree ←————→ strongly disagree

- Reflective practice is fundamental to improving practice.

strongly agree ←————→ strongly disagree

- Reflective practice is more important for new staff.

strongly agree ←————→ strongly disagree

- Reflective practice is indulgent.

strongly agree ←————→ strongly disagree

### Consider:

- ✓ Which statements did you strongly agree with?
- ✓ Which statements did you strongly disagree with?
- ✓ In which cases is your answer somewhere in the middle?
- ✓ How do your responses compare with other responses from other colleagues?
- ✓ What do your responses reveal about your beliefs and assumptions in relation to reflective practice?
- ✓ In which cases might your answer to the above questions be influenced by how you prefer to learn? (See “Setting the scene: My learning history” – learning styles information sheet.)