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The effective reflective practitioner – the cornerstone of the emotionally intelligent and resilient practitioner

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Reflection and reflective practice are not new concepts. The analysis of experience to enable learning, whether it be in the form of critical incident analysis, understanding our actions, or in terms of wishing to understand ourselves to heighten our levels of self-awareness has been of prominence for a number of years in areas such as education, social work and nursing. There is a wealth of literature written on this very matter. Not only literature on what reflection is, but the importance, and benefits of it as it relates to our personal and professional practice. Reflection and reflective practice is not only a concept that can heighten our self-awareness, enhance and support emotional intelligence but it can support the prevention of stress and distress, and enhance our ability to deal with stress and distress when it arrives, not only in our everyday life but in our working lives too. Reflection has been determined to be the corner stone of emotional resilience, a concept of importance to our first-year students where their expectations of student/university life might not meet that of reality. Where perhaps being away from home for the first time and being autonomous and responsible for oneself is fundamentally a new experience and an experience which can be potentially be quite challenging. Being around new people, in a new environment can challenge our sense of self. Reflection and reflective practice can turn these challenges into learning experiences that only can enhance the sense of self, and support not only the transition into student life, but the development of future learning from experience. This poster demonstrates a new approach to reflection, and a new way of understanding reflection and reflective practice – Ten Essential Ingredients, underpinned by a new extended description of reflection. It is these ingredients that will enable of the first-year student from any discipline to understand and develop not only the skills, but the attitude and insight required to become an effective reflective practitioner, and ultimately a more responsive emotionally intelligent and resilient student/person.