

## Guidelines for ePortfolio Posts

The reflective process involves a number of steps\*. As you reflect and construct your ePortfolio post, consider the following steps:

1. Review the Felt Experience:
  - a. What were the essential elements of the experience (event/situation)? How would you describe it?
  - b. What were your initial thoughts and feelings about this experience?
2. Critical Analysis:
  - a. What questions does this experience raise for you?
  - b. What answers are you exploring?
3. Reflective Outcome:
  - a. What conclusions are you drawing from your reflection?
  - b. How will these affect your future practice/behaviour?
  - c. What goals and/or future plans do you have as a result of this reflection?
  - d. How does this reflection address the formal objectives of this role?

*\*Adapted from Koole S, Dorman T, Aper L, et al. Factors confounding the assessment of reflection: A critical review. BMC Medical Education, 2011; 11:104. Available online: <http://www.biomedcentral.com/1472-6920/11/104>*