

Faculty of Community Services

Academic Support & Resource Centre

So You're Writing a LEARN Reflection...

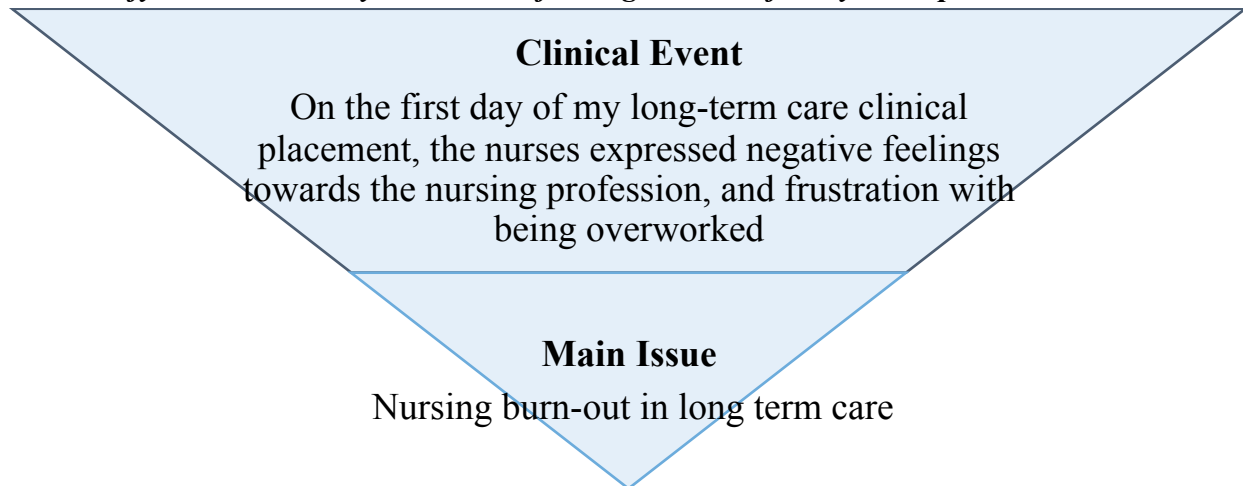
SET THE SCENE

- *Identify the event/ experience on which you will reflect using the 4 W's:*

1. **What** happened & what did you feel (try to use all your senses)?
2. **When** did this happen (i.e. in first week of clinical...)?
3. **Where** did this happen?
4. **Who** was involved?*

* Remember confidentiality is important! Use substitutions such as Nurse "A"/Patient "X"

- *Identify the main issue you will be reflecting on taken from your experience:*



LITERATURE REVIEW

- Use scholarly sources to demonstrate your understanding:
 - **Relate** your insights to literature
 - **Connect** theory and practice
 - **Identify** professional and personal development **needs**
 - **Identify** ways the nursing profession can **benefit** from changes discussed in literature
 - **Support** your ideas for future clinical experiences
- Remember to check:
 - Primary versus secondary sources
 - Publication date restrictions
 - Minimum number of references required
 - Specific journal sources required
 - Specifically for nurses: Potter & Perry usually does not apply as a primary source

This handout is adapted from the Ryerson Collaborative Nursing LEARN guidelines, 2016.