

WEBINAR REFLECTION



Hochschule Fulda
University of Applied Sciences



**Hanzehogeschool
Groningen**
University of Applied Sciences



Hochschule Neubrandenburg
University of Applied Sciences





Content

- **Reflection: what is it ?**
- Models used for reflection
- Portfolio
- Competence: Life Long Learning (LLL)



Reflection: what is it?

- Thinking about:
 - yourself
 - experiences
 - actions
- Result: learning and acting better in the future

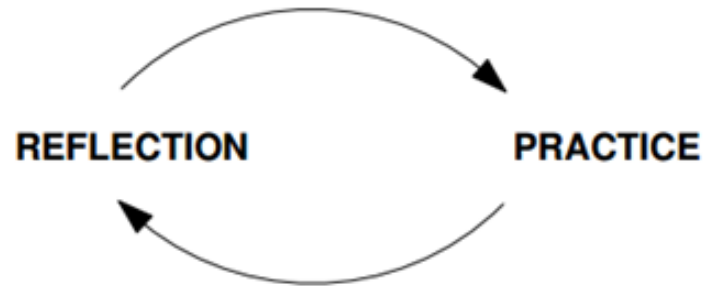


Figure 1: The cyclic relation between practice and reflection (Korthagen & Vasalos, 2009)



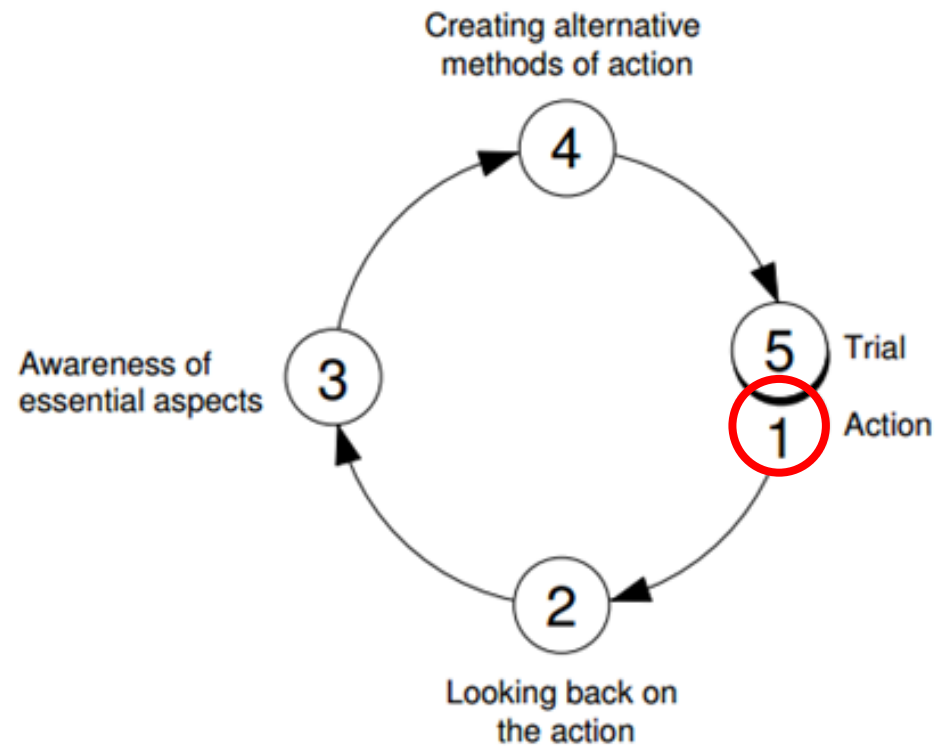
Content

- Reflection: what is it ?
- **Models used for reflection**
- Portfolio
- Competence: Life Long Learning (LLL)



Model used for reflection

The ALACT model of reflection



The ALACT model of reflection (Korthagen & Vasalos, 2009)



- Example of Action:

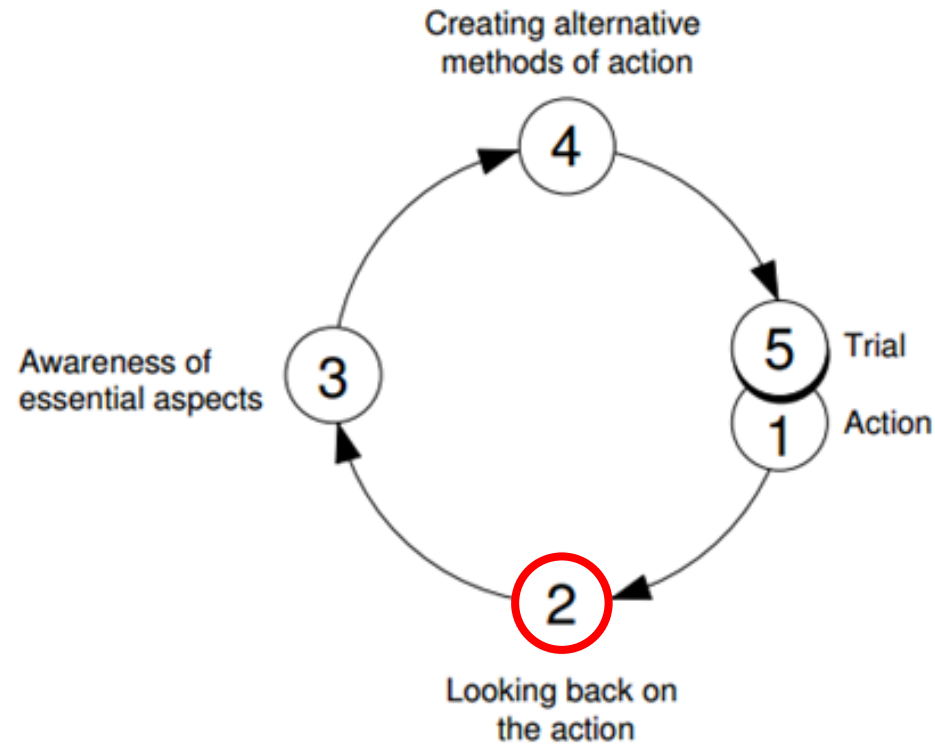
" During my fourth consultation lab I had a patient called Mrs Van Dam. She was diagnosed with gluten intolerance / celiac disease, which she did not know much about. Because of her current intestinal symptoms, there was a lot of fear present. This caused her to eat less than usual. During the lab, I played the roll of a dietitian after seeing the patient for the third time. The patient was in need for delicious recipes and tips related to restaurant visits. "





Model used for reflection

The ALACT model of reflection





Model used for reflection

- Following questions can be helpful in phase 2: Looking back on the action

0. What is the context?	
1. What did you want?	5. What did the other(s) want?
2. What did you feel?	6. What did the other(s) feel?
3. What did you think?	7. What did the other(s) think?
4. What did you do?	8. What did the other(s) do?

Concretizing questions for phase 2 of the ALACT model (Korthagen & Vasalos, 2009)



- **Example of looking back at the action:**

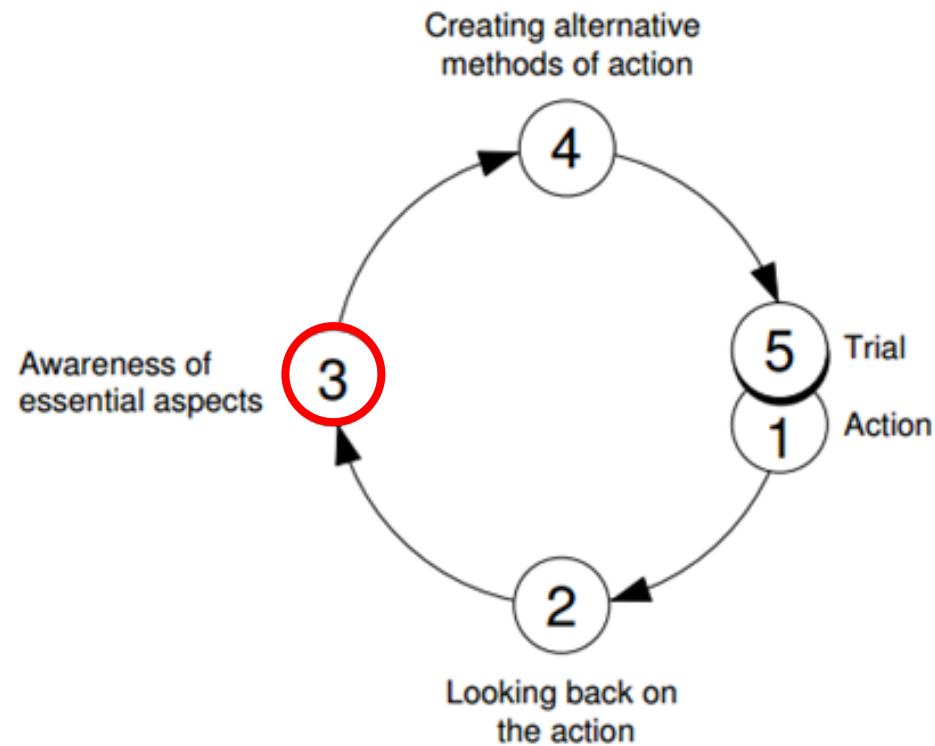
"In my opinion, the consult went very well. This was due to my good preparation and many tools. These were used to give the patient practical tips in relation to a lifelong gluten free diet... "





Model used for reflection

1) The ALACT model of reflection





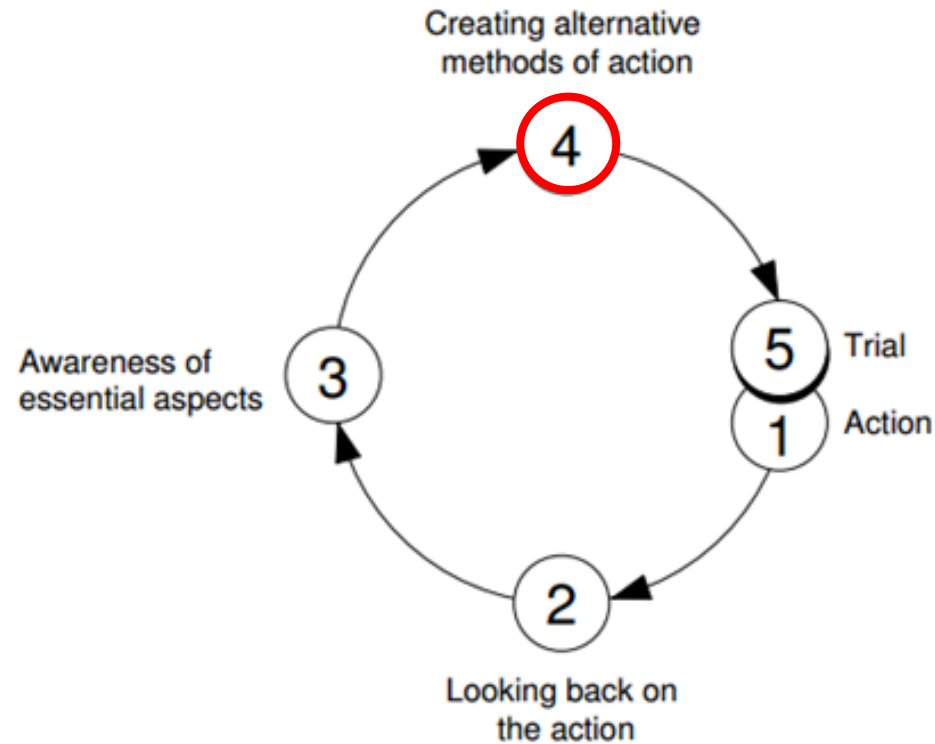
- **Example of awareness of essential aspects**

"Overall, I learned a lot from this consult. The most important working points that I would like to take with me to the next consults are: to omit diminutives and to provide some kind of rest during a consultation instead of constantly trying to fill in the silences."



Model used for reflection

1) The ALACT model of reflection





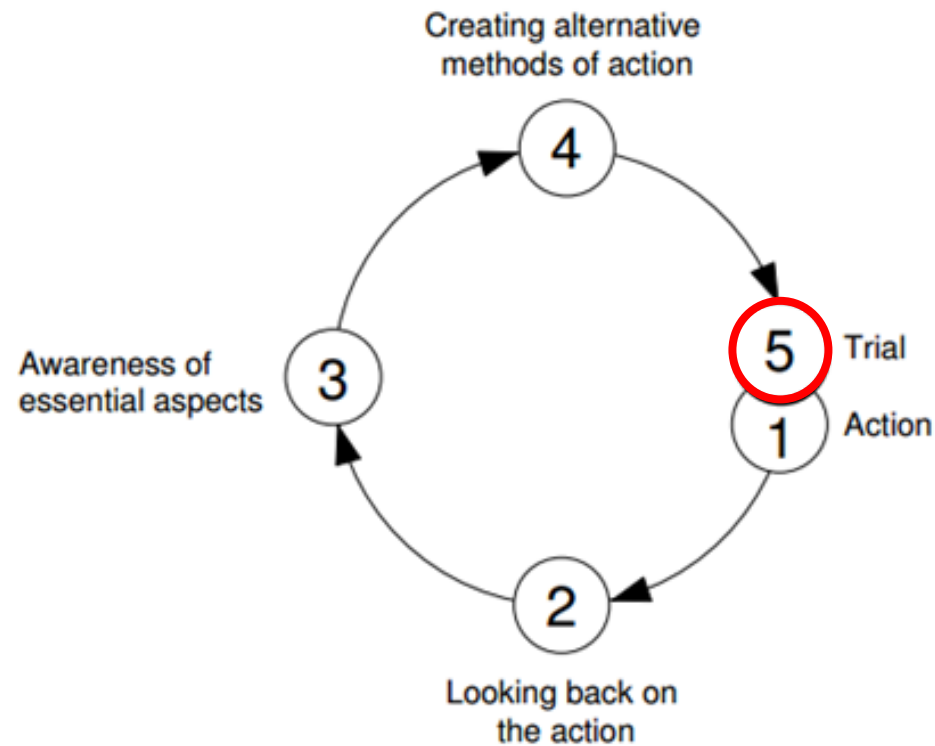
- **Example of creating alternative methods of action**

" I hope that I will become more conscious about demunitives by paying more attention on the use of it in my daily life. I also hope to gain more control so that I will notice it and can work on it during a consult."



Model used for reflection

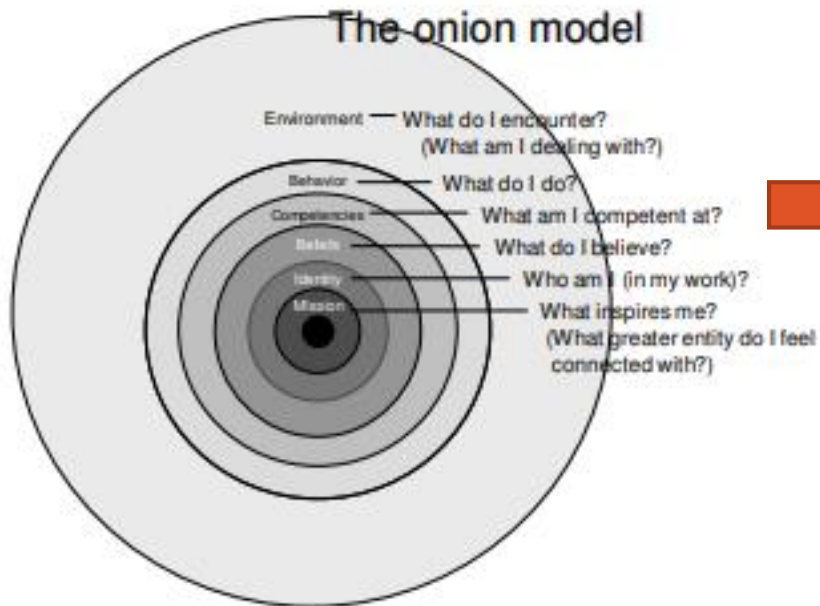
1) The ALACT model of reflection



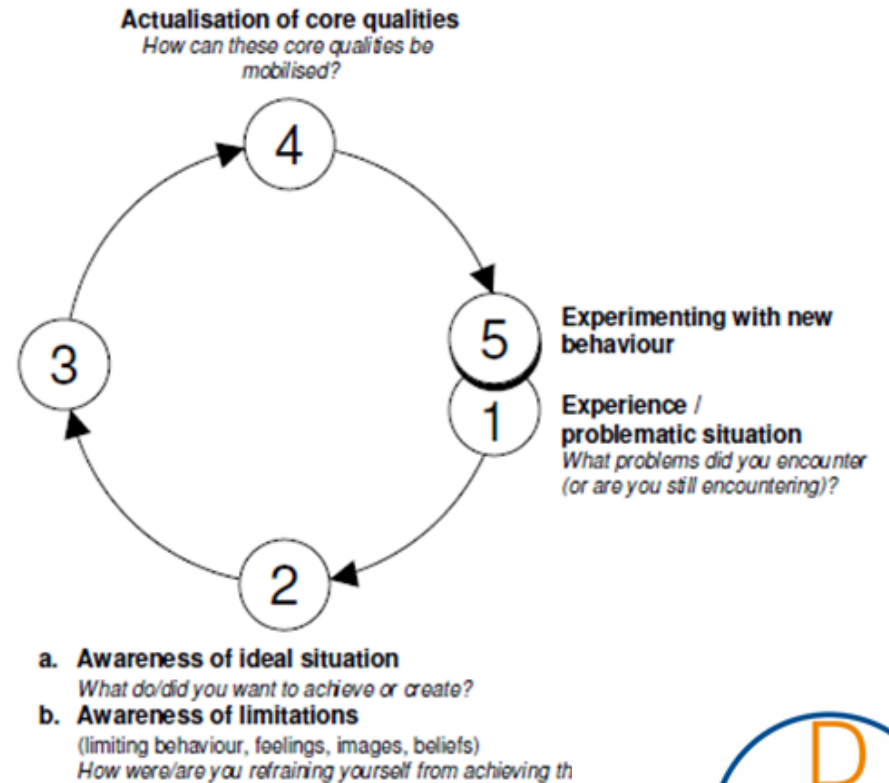


Model used for reflection

2) Phase model of Core reflection



Awareness of core qualities
What core quality is needed to realise the ideal situation and overcome the limitations?



Phase model of Core Reection (Korthagen & Vasalos, 2005)



Content

- Reflection: what is it ?
- Models used for reflection
- **Portfolio**
- Competence: Life Long Learning (LLL)



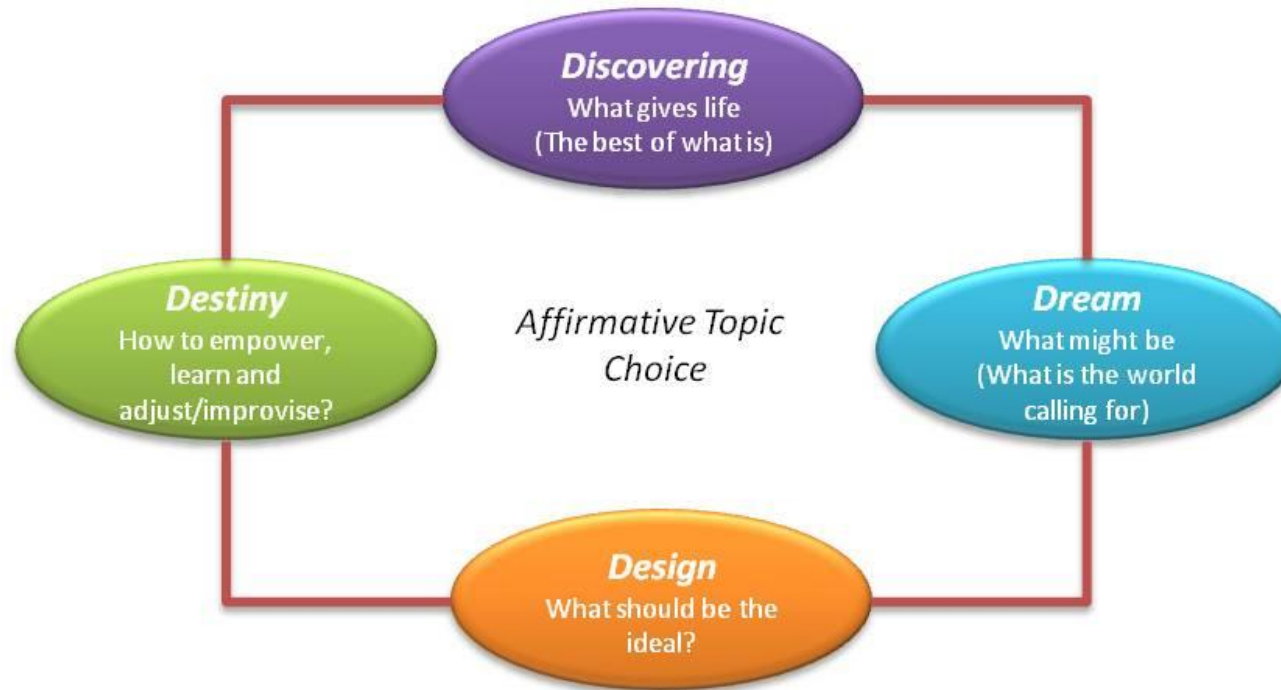
Portfolio

- Personal development plan
- Containing evidence of the skills gathered over a timeframe
- Who am I as a dietitian?



Portfolio

- Model of Appreciative Inquiry



Model of AI. (David Cooperrider and Ronald Fry)



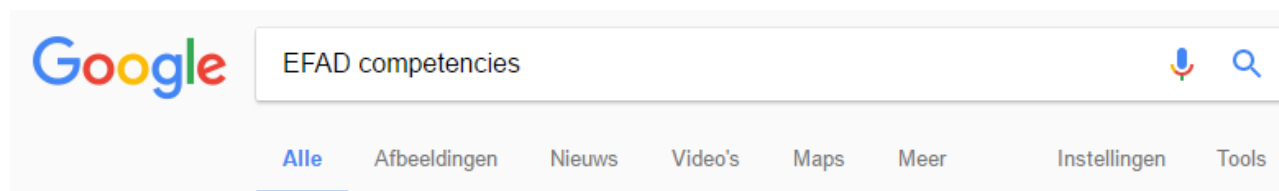
Content

- Reflection: what is it ?
- Models used for reflection
- Portfolio
- **Competence: Life Long Learning (LLL)**



Competencies

- The European Federation of the Associations of Dietitians
- 8 major topics

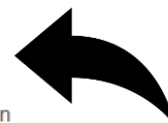


Ongeveer 5.540 resultaten (0,32 seconden)

Tip: Alleen in het **Nederlands** zoeken. U kunt uw zoektaal instellen in de [Voorkeuren](#)

[\[PDF\] Dietetic Competencies and their Performance Indicators - EFAD](#)

www.efad.org/.../European%20Dietetic%20Competences%20and... [▼ Vertaal deze pagina](#)
European Dietetic Competences and their Performance Indicators attained at the point of qualification and entry to the profession of Dietetics. European ...





Life Long Learning (LLL)

- Every student / dietitian
- Developing his/her own expertise by:
 - consulting scientific literature
 - following extra training

The student / dietitian can develop his/her own expertise and ensures continuous improvement by reflection



In corporation with:



Created by:

