

Alison Greggans, Nursing

Advice for tutors

In conclusion, what I would say to my colleagues who are perhaps considering using reflection as a learning tool, is to take a risk. Don't try and stay in control, have some structure, but allow the students to own the process, encourage emotion in the classroom but don't feel as if you have to own it. Unless students are engaged with their stories and engaged with the situation again emotionally, then no analysis will actually take place, but take care for maintaining safety in the classroom.

It can be great fun, you can learn a lot yourself from listening to other students' experiences and you can participate as well with your own experiences, but make sure that that's enabling for the student so that they can see that you are with them in their story and that you are encouraging and supporting them with your story.

To listen, to focus on a process and not the conclusion, so encourage the students to talk and to think rather than rushing to solutions and making assumptions.

Be patient and give it space.