



Reflective Account (Supported by Expert Witness)

Top tips for getting the best out of your Reflective Account, what to expect and how you can prepare.

What is a Reflective Account?

Reflection is a purposeful activity which allows you to look back on your experiences, practice and skills and allows you to learn from them through both mistakes and success. Reflection isn't always easy and requires a process of self-awareness through critical analysis to make decisions about your future development.

Reflective learning is exactly that; a learning experience. It can create a sense of discomfort to begin with, therefore the reflective practitioner must be honest with themselves, constructive and not feel threatened when undertaking analysis of themselves or taking on board feedback from others. Remember, reflective learning is all about improving, developing and becoming better at what you do. Could you make things easier for example? Or better, more efficient or effective? Emotions might also have a part to play. How did that experience make you feel?



The Reflective Account part is where you write these thoughts and ideas down and record them for future learning and development.

How can I reflect?

Any event or experience is worth reflecting on and reflection is an ongoing activity, even if you don't record it at the time you can never be stopped from asking yourself "how would I do that differently?" Or "what if?".

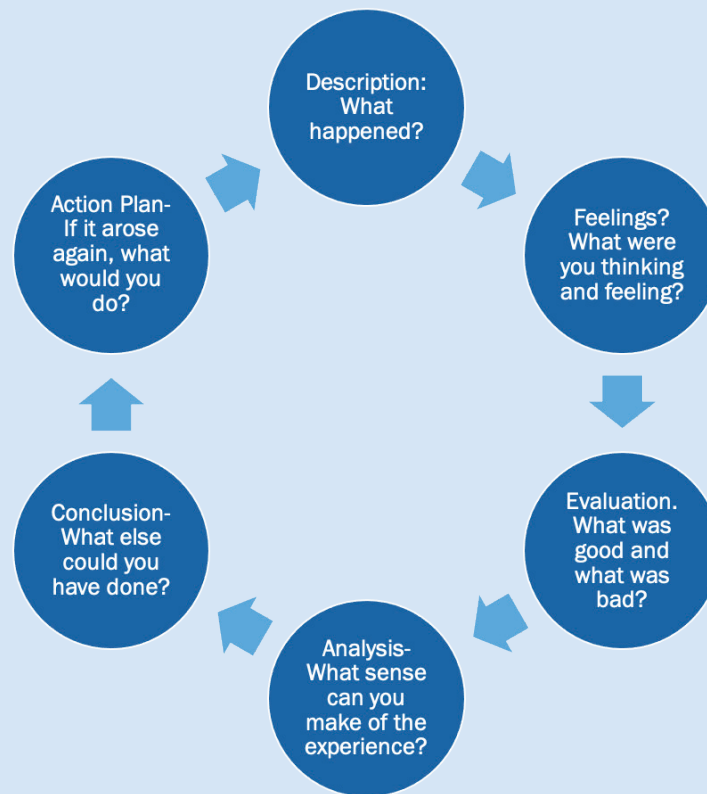
There are various ways you can reflect:

- Questioning yourself
- Looking back on your CPD and/or training log
- Reviewing your performance management/appraisal one-to-one records
- Discussion with peers and mentors
- Questionnaires
- Being observed
- Observing others
- Receiving feedback

It is really important when you write your Reflective Account that you tell your end-point assessor what **you** did and what **your** role was in the example(s) you provide.



The following model of reflective learning may help you to construct your account.



Ref: Gibb's Reflective Cycle

What can I expect?

When being asked to write a Reflective Account, there will often be a set of criteria or knowledge, skills and behaviours (KSBS) which you are required to meet. It is important that you get to know these so your account meets the requirements.

You may choose to select one example from your practice or use a range of experiences to demonstrate how you have met the criteria. There is often a word count applied to the assessment and you will be required to confirm the work is your own and often have your account supported by an Expert Witness. The Expert Witness must be suitably qualified and be able to validate that your account is a true reflection of your ability, which they have observed in practice.

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