

## **Reflective writing session for Induction Course**

*This session requires at least 90 minutes. Start with everyone having a pencil and paper in front of them. Group of 8 maximum. It's good for the facilitator to write too.*

### **Introduction**

- The purpose of this exercise is to show you one way you can reflect on your experience – an essential phase of the learning cycle.
- It can help you make connections you didn't expect and understand things in new ways
- Some people will take to it easily because they enjoy writing, others don't – it may remind you of school – try not to dwell on that but just get into it
- It isn't anything to do with how well you write, although it may have the side effect of improving your writing style
- Later we'll be talking about the experience and if you want to we may share some of the writing, but if you don't want to share it, that's OK

### **Warm-up**

- This is a warm-up exercise like warming up for physical exercise.
- We're going to spend 6 minutes on it.
- Write whatever is in your head – like a stream of consciousness.
- It's important to keep writing. Don't stop to think. If you feel you're drying up, keep writing the same word until something else comes into your head.
- This is only for you, you won't be asked to share it with anyone else.
- *Set your mobile alarm for 6 mins*

*After the exercise, you can have a brief chat about how that felt but not for long*

### **Main exercise**

*Current title, which I think works best, is 'An important learning experience I had/ Write it on the flipchart.*

- We will have 20 minutes for this exercise.
- The theme is 'an important learning experience I had'
- It can be something from your medical education but it doesn't have to be – could be from any part of your life
- Afterwards I hope some of you will be willing to read out what you've written
- If you do, it will of course be confidential in the group
- If you don't want to, no one will force you to
- Let's write – we'll have 20 minutes
- *Set your mobile alarm for 20 mins*

*Repeated instruction re 20 mins is intentional as some always think it's 6 mins again*

### **At the end**

- *Start by asking about the process and discussing it a little – 'how did that feel?'*
- *Strongly encourage them to read out their stuff rather than just telling the group what they've written about.*
- *Mention that sometimes reading is followed by silence as people let it sink in – no need for listeners to feel they have to comment instantly, nor for readers to be alarmed by silence*
- *In the discussion, try and make sure that both the process and each person's content get discussed*

- *NB all the usual stuff about keeping it safe for participants etc – can be powerful and make people feel unexpectedly vulnerable*