

Reflective Journal on Experiences and/or Field Observations
(Especially Appropriate for Internships in the health sciences and teaching)

Observation and Concrete Events	<ul style="list-style-type: none"> • What happened? What did the situation entail? What were the concrete events? • How did you respond/react? What did you say and do? • What were the consequences or outcomes for the student/patient, others and me? • How was the patient/students/ others feeling? • How were they demonstrated? How do I know how they were feeling?
Analysis	<ul style="list-style-type: none"> • What was I trying to achieve? • Why did I respond/react as I did? • What are connections between the concrete events themselves (What you did and said and what patient/students/ others did and said)?
Emotional Response	<ul style="list-style-type: none"> • How did I feel (emotionally) in this situation? • How did I react physically to this situation? (anxiety, nervousness)
Conflicts	<ul style="list-style-type: none"> • Did my actions match with my own beliefs and values? If yes-how? If no – why not? • What are my own beliefs in relation to this situation?
Knowledge	<ul style="list-style-type: none"> • What knowledge did or should have helped me?
Interpretation of experience Future action	<ul style="list-style-type: none"> • How does this connect with previous experience? • Could I have managed this situation better? How? • What would be the consequences of alternative action for the patient, others or myself? • Has this incident changed my ways of dealing with a similar situation? • What do I need to do to learn from this situation? • What alternatives do I see? What may be the advantages or disadvantages of each? • Who can I talk to/consult?