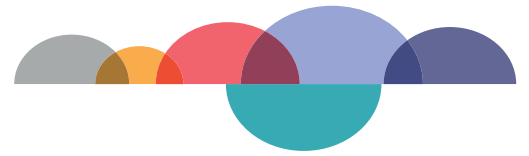


HOW TO USE THE REFLECTIVE JOURNAL

Ida Institute's Reflective Journal helps hearing care professionals gain a deeper insight into their clinical practice. The journal is intended as a self-development tool for analyzing the client encounter - helping practitioners to understand their own behavior, learn from experience, and enhance the quality, efficiency, and outcome of future appointments.

Make reflection part of your routine. Take time to reflect after a particularly positive or demanding session, or schedule time to reflect on a regular basis as time allows. The important thing is that you are mindful of the need to reflect and prioritize it consistently. Use the interactive PDF or print a stack of copies to keep in your office.

REFLECTIVE JOURNAL



Date: _____

Client: _____

<p>1. What was the situation?</p> <p><i>E.g.: Why did the client come to see me? Who was with the client? What were the client's main goals for the session?</i></p>	
<p>2. I really felt good about the following:</p> <p><i>E.g.: How did I feel (physically and mentally)? What factors influenced the way I acted (internal and external)? Did I receive any positive feedback that I can collect and revisit in the future?</i></p>	
<p>3. I was challenged by the following:</p> <p><i>E.g.: How was I challenged? How did I feel (physically and mentally)? What factors influenced the way I acted (internal and external)?</i></p>	
<p>4. What are the lessons learned?</p> <p><i>E.g.: Next time I will try... I will do this by...</i></p>	

The Reflective Journal was originally developed in collaboration with Christine DePlacido, Senior Lecturer at Queen Margaret University (Retired). For more information on reflection and guidance on how to use the Reflective Journal, see: idainstitute.com/tools/reflective_journal