**The document should contain:**

1. **Reflective diary block A** (400w)
2. F**uture goals block A** (400w)
3. **QUM component block A**
4. **Reflective diary block B** (400w)
5. **Future goals block B** (400w)
6. **QUM component block B**

In your **reflective diary** you describe how your placement experience has shaped your future professional practice or identity.

In your **future goals** you explain how your placement experience has shaped goals for your future placements, identify gaps in knowledge/skills (self assessement), and describe how these goals will be achieved.

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A reflective diary is not simply a logbook outlining your day-by-day activities. Whilst it does require some description of events/activities/undertakings, more importantly a reflective diary requires you to express your thoughts about and interpretations of your experiences. It is not a review of other people's thoughts on a topic, nor is it about determining what the correct viewpoint is, but rather it is a reflection about your own understanding of what has occurred. Importantly, these reflections facilitate your identification of goals, objectives, learning needs and action plans for your professional development and future practice.

For each Placement Block you undertake, you are required to write a brief reflective diary demonstrating that you have thought about how this experience has contributed to your understanding of real-world practice issues. Your reflective diary should be a brief summary of event/s, followed by a(n):

* description of how you have interpreted the event and your personal reaction to it (positive or negative);
* description of how the event relates to what you have previously experienced or known; and
* identification of issues that remain to be resolved, questions that remain to be answered, or future goals, objectives, or plans that you have considered.

**Do's**

A good reflection covers what you have learned, how it relates to your previous knowledge, how it can be applied, and how the questions it raises can direct further learning. The following are features of good reflective practice:

* *Association:* relating your placement experiences to practical and theoretical knowledge that you have previously acquired;
* *Integration:* identifying relationships among your experiences and knowledge;
* *Validation:* looking for ways to test your conclusions and make further inquiries, using your experiences as a catalyst for further learning;
* *Appropriation:* making knowledge your own, and applying it in new situations.

**Don’ts**

The following will only contribute to your reflections if they relate to your wider knowledge in the ways listed above:

* narrative accounts of your experiences
* lists of actions or events
* anecdotes about patients or preceptors

**This is your commentary about how your experiences during the placement have influenced your learning and understanding of being a pharmacist/ health care professional.**

The following questions may stimulate your reflection:

* What **happened**?
* How did you **feel**about the situation?
* What did you **learn**from the situation?
* What would you do **differently**next time?
* How has this affected your **professional identity**?