Reflective and reflexive practice are essential for effective, safe and quality nursing care. To assist you in developing your reflective practice, you are given the opportunity to reflect with your facilitator over the course of the Unit.

**You are asked to:**
1. Write a reflective piece (300-350 words) on your experiences in the unit Therapeutic Use of Self 1 up to **week 10**.
2. Upload your reflection to Canvas via a weblink to your Mahara e-Portolio **OR** as a word file;
3. This reflection should include a **response to the facilitator comments** about your week 3 reflection.

The purpose of the two reflections is to provide you and your tutor with an opportunity to dialogue about your experience over the course of the Unit. The grade for the submissions relates to the degree to which you engage in the reflective process, rather than the length of the reflections you complete.

The tips that should guide your reflections are:

1. Be as open and honest as you can;

2. Spend time developing your reflection:

* Grammatically correct (to aid understanding),
* Spelling errors eliminated,
* Completed sentences,
* Avoid dot points,
* If you choose to add images or weblinks, please make sure the source is appropriately acknowledged within your submission.

3. Think about using a framework to guide your reflection practice (exemplar reflective frameworks will be available in the Unit Canvas site);

4. Adopt a regular journaling practice to give you plenty of material to work with.

5. Review your online preparation work that you have done for the weekly seminars for inspiration.

Rubric

**Professional e-Portfolio submission part 2 (week Ten)**

| Professional e-Portfolio submission part 2 (week Ten) |
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| **Criteria** | **Ratings** | **Pts** |
| This criterion is linked to a learning outcomeMeets academic requirementsStudent has submitted 2 (week 3 and 10) e-Portfolio submissions between 300-350 words in length. The submissions are double spaced, 12 size font Arial or Times New Roman. Sentences are coherent and well developed and present a logical flow of ideas, grammar and spelling are correct. Any images or external links must be appropriately referenced as per APA 6th edition guidelines. |  | 5.0 pts |
| This criterion is linked to a learning outcomeEngages with reflective processSubmission content is reflective and insightful rather than descriptive. The student shares new learning/understanding gained from engagement with the unit content. The second (2nd) submission demonstrates growth in the student's reflective ability. |  | 10.0 pts |
| This criterion is linked to a learning outcomeStudent/facilitator DialogueThe second submission includes some meaningful reference to the facilitator feedback from submission 1. |  | 5.0 pts |
| Total points: 20.0 |