# **Completing a reflection**

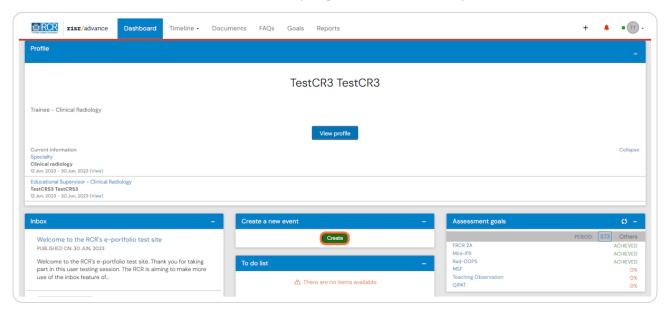
8 Steps

Created by Creation Date Last Updated WDAT June 30, 2023 June 30, 2023



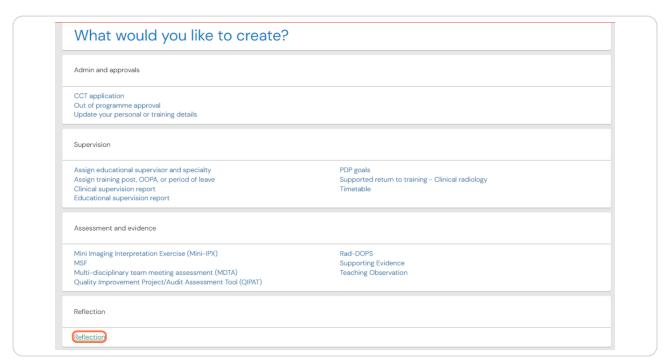
## From your dashboard click on Create

You can also click the + button in the top righthand corner of your screen



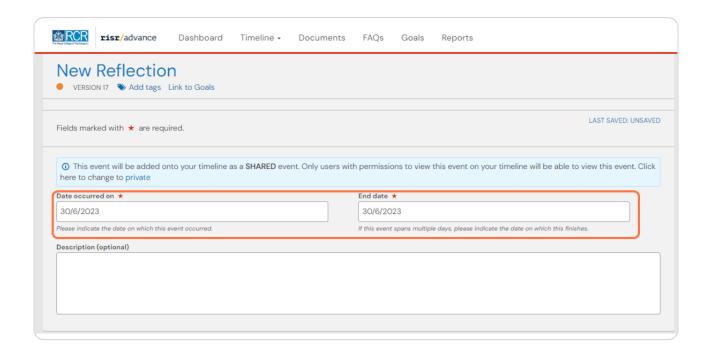
#### STEP 2

### Click on Reflection in the create menu





## Enter the date for the relfection

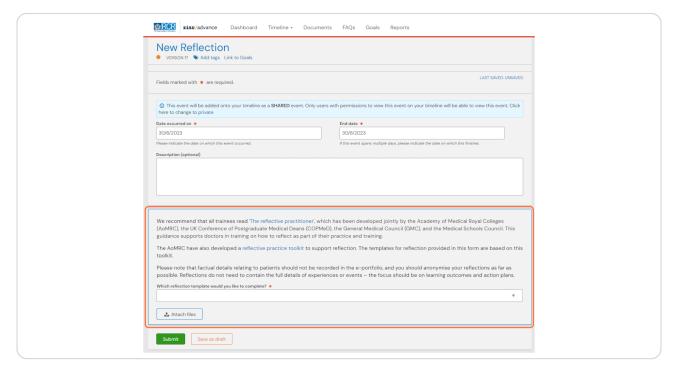




#### STEP 4

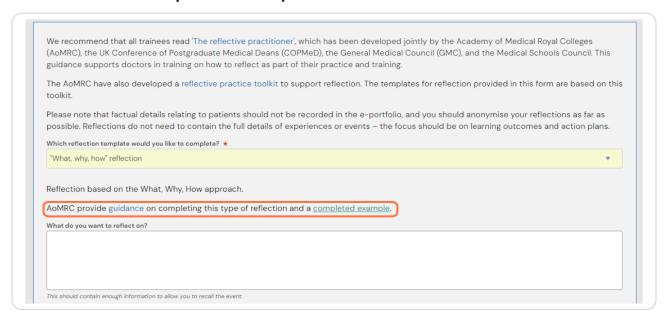
A number of pre-set reflection templates are available for you to choose from. These are based on a toolkit for reflection produced by the Academy of Medical Royal colleges.

You can find a link to the toolkit and to GMC guidance on reflective practice within the form



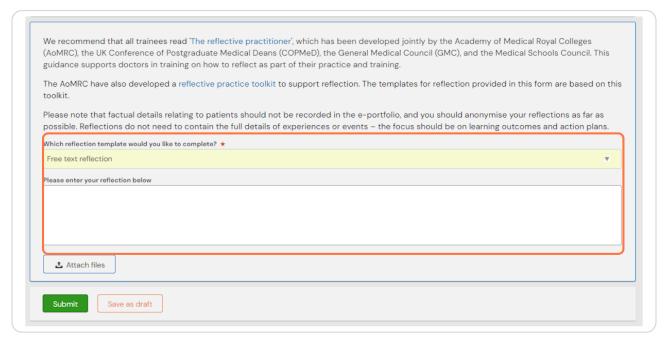


# For each template you will find links to guidance on completing this type of reflection and completed examples



#### STEP 6

# You can select Free text reflection if you do not wish to use one of the pre-set templates





#### STEP 7

# You can click on Attach files to attach any relevant documents to your reflection



#### STEP 8

## **Click on Submit**

