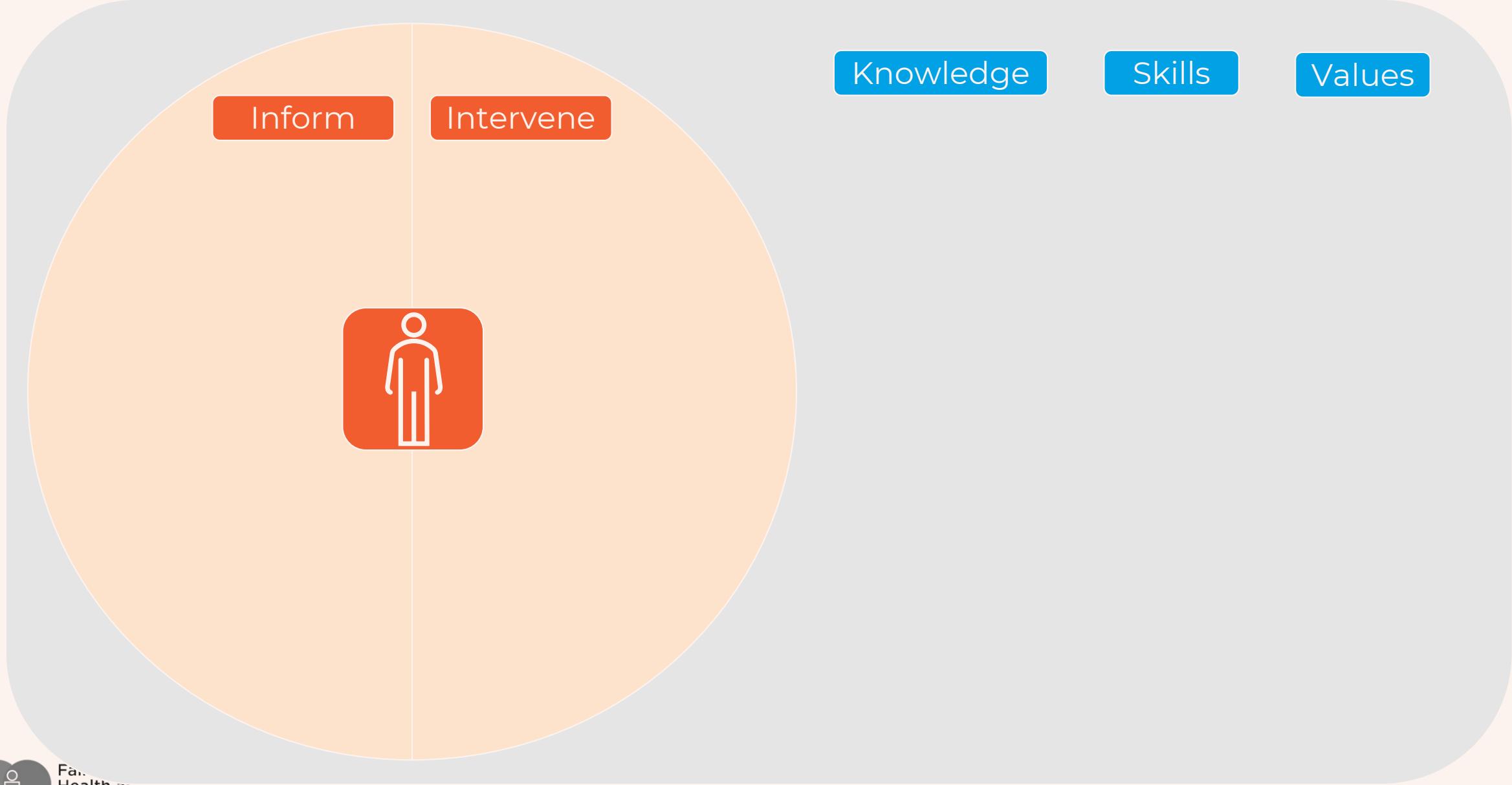


Practice Education Resource Booklet

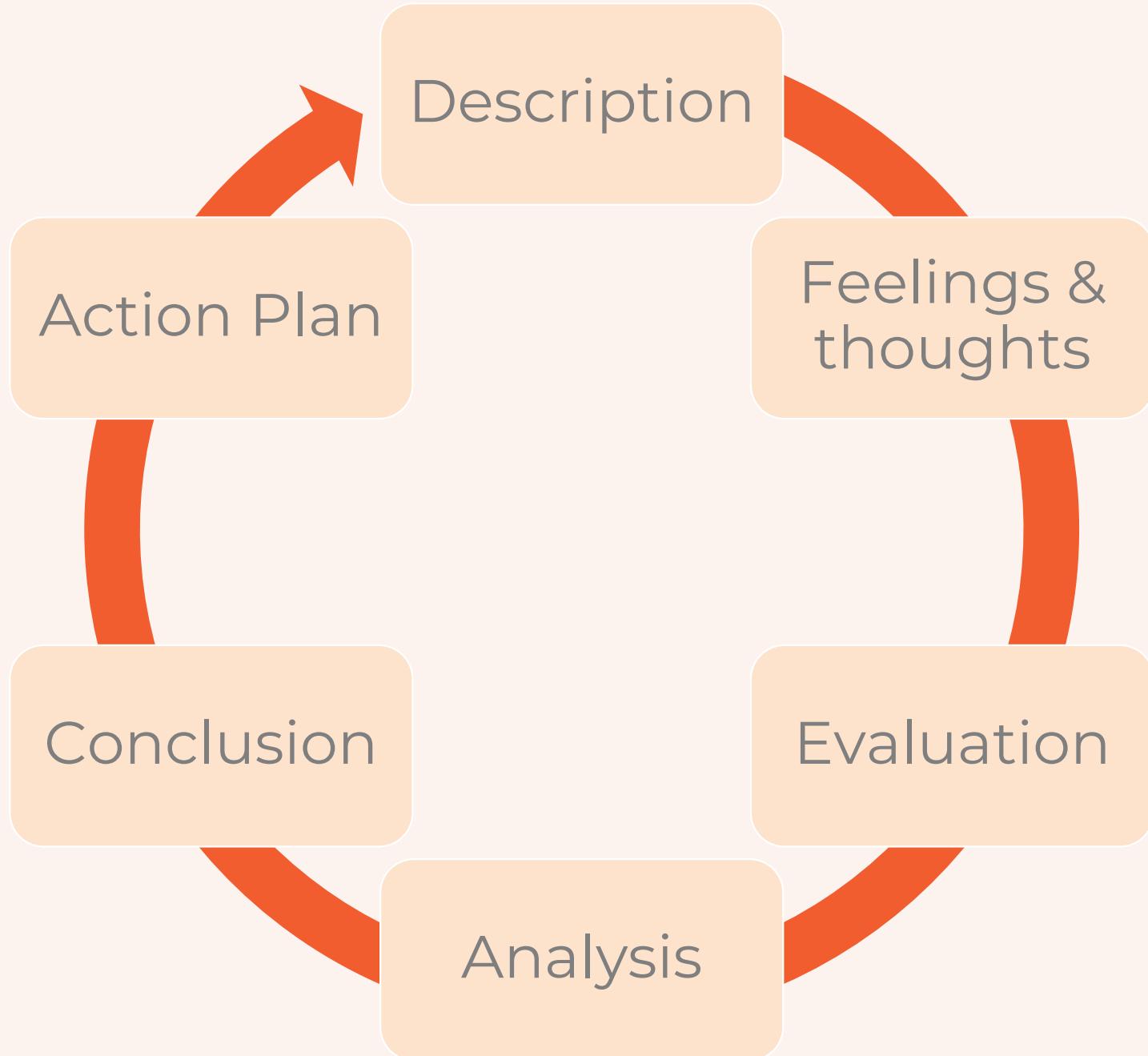
Materials to support learning and
development in Falkirk Council



Collingwood's Kit Model



Gibbs Reflective Cycle



The 10 Cs model

Commitment: Am I in the frame of mind to be reflective?

Contradictions: What tensions/contradictions have I experienced?

Conflict: Was there conflict? Why or why not?

Challenge: What are my values and beliefs about this? Have they been challenged?

Catharsis: Do I have any big feelings about this? This could be guilt, shame, pity, sadness etc. but may also be relief, contentedness etc.

Creation: How do you see your 'self'? Has this changed?

Connection: What theory, model, framework, research, literature am I drawing on?

Caring: Is my practice what I expect of myself? Care vs Control.

Congruence: Have I experienced similar before? What did I learn?

Construction: What does this mean for my learning? What would I advise me to learn from this?



Fook's reflective model (2002)

Narrative

- What happened?

Deconstruction

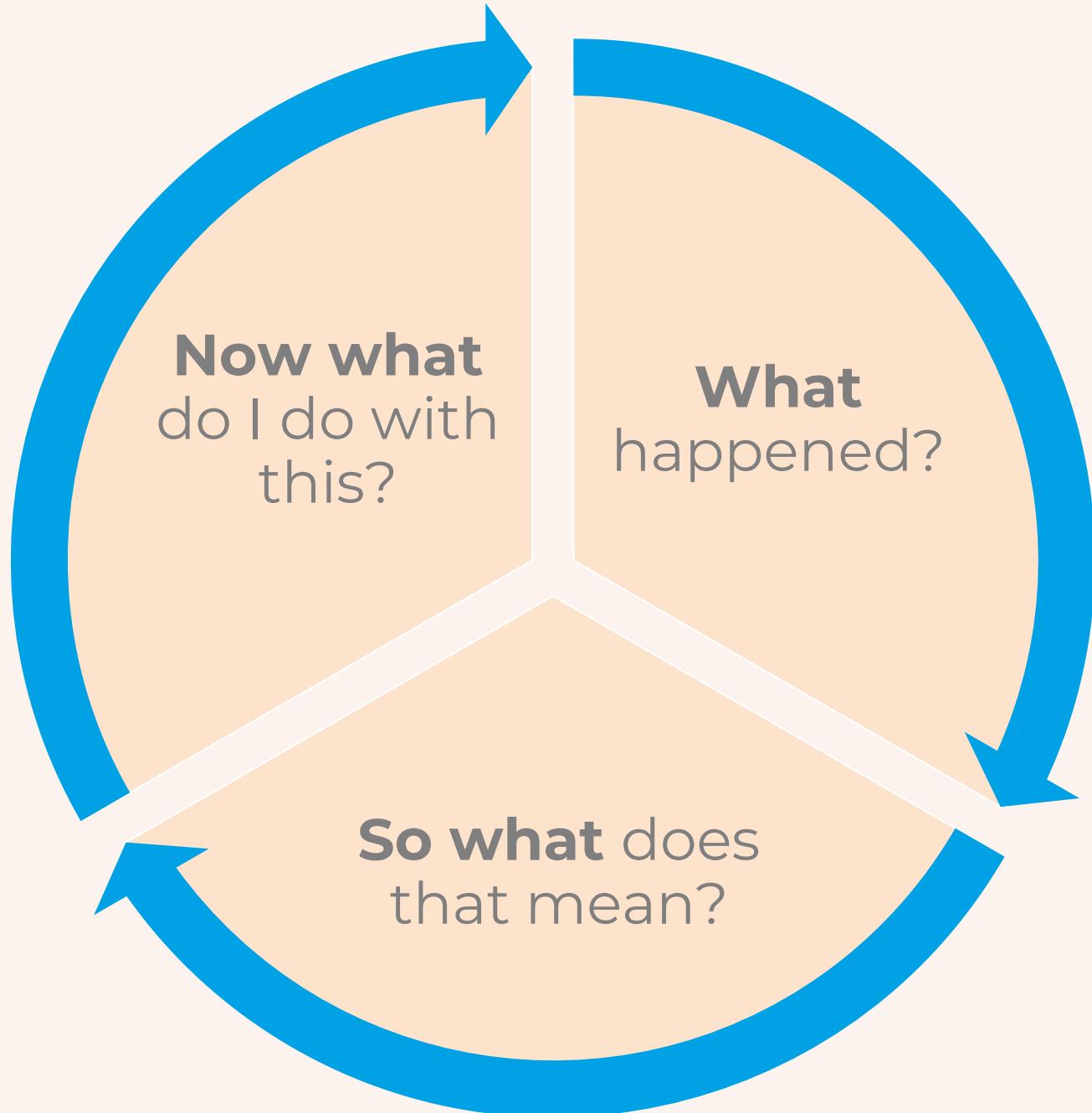
- What really happened? What can we say about the **power** balance?

Reconstruction

- What did you learn from reflecting on power? Has this changed the narrative?



Driscoll's (2000) “So what?” model



Surprise Learning

Surprises: What happened? Who was involved? Was this accidental (by luck) or was this incidental (as part of another task)? Was this planned or unplanned?

Satisfaction: What worked well? What skills did I get to use? What knowledge did I tap in to? What values did I get to demonstrate? Who was empowered?

Dissatisfaction: What did not work well? What barriers were identified? Who was disempowered?

Learning: What legislation or policy was identified? What skills, knowledge, values and behaviours did I use? What academic materials (literature, models, frameworks, research) informed my assessment? What would I do the same? What would I do differently?

Head, heart, hands & feet

Head

What knowledge did you draw on?

Hands

What did you do?
What skills did you use?

Head

What knowledge did you draw on?

Hands

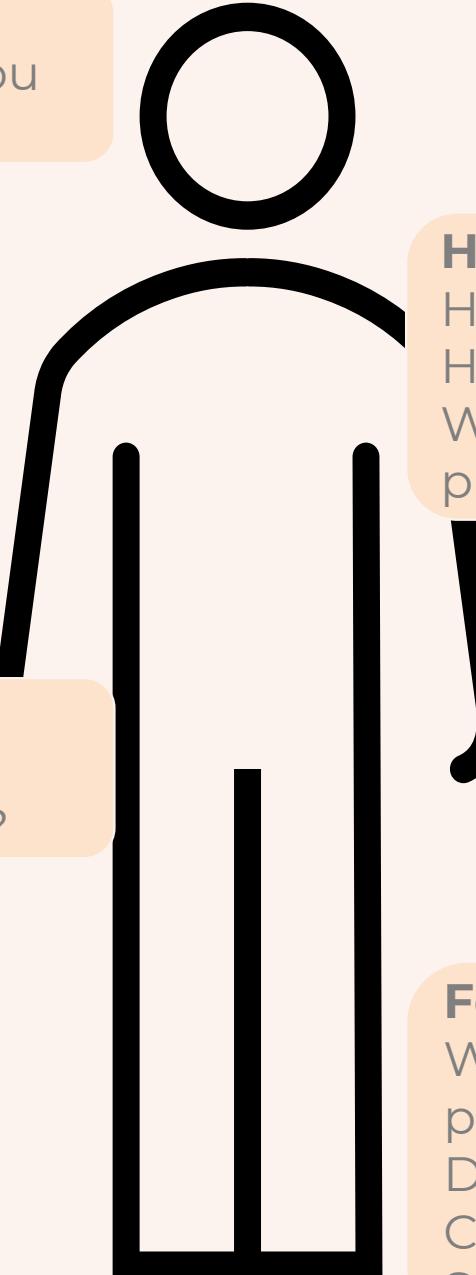
What did you do?
What skills did you use?

Hands

What did you do?
What skills did you use?

Feet

What legislation or policy did you use?
Did you consider your Codes of Conduct, SISWE or EPs?



The Power Prism



Reflecting on **power**, what can you say about your Social Work Practice in relation to the following. Does **power** change depending on each person? What would the **power** be like for you vs someone accessing your service?

Relationships

Organisation

Your feelings & emotions

Goals and outcomes

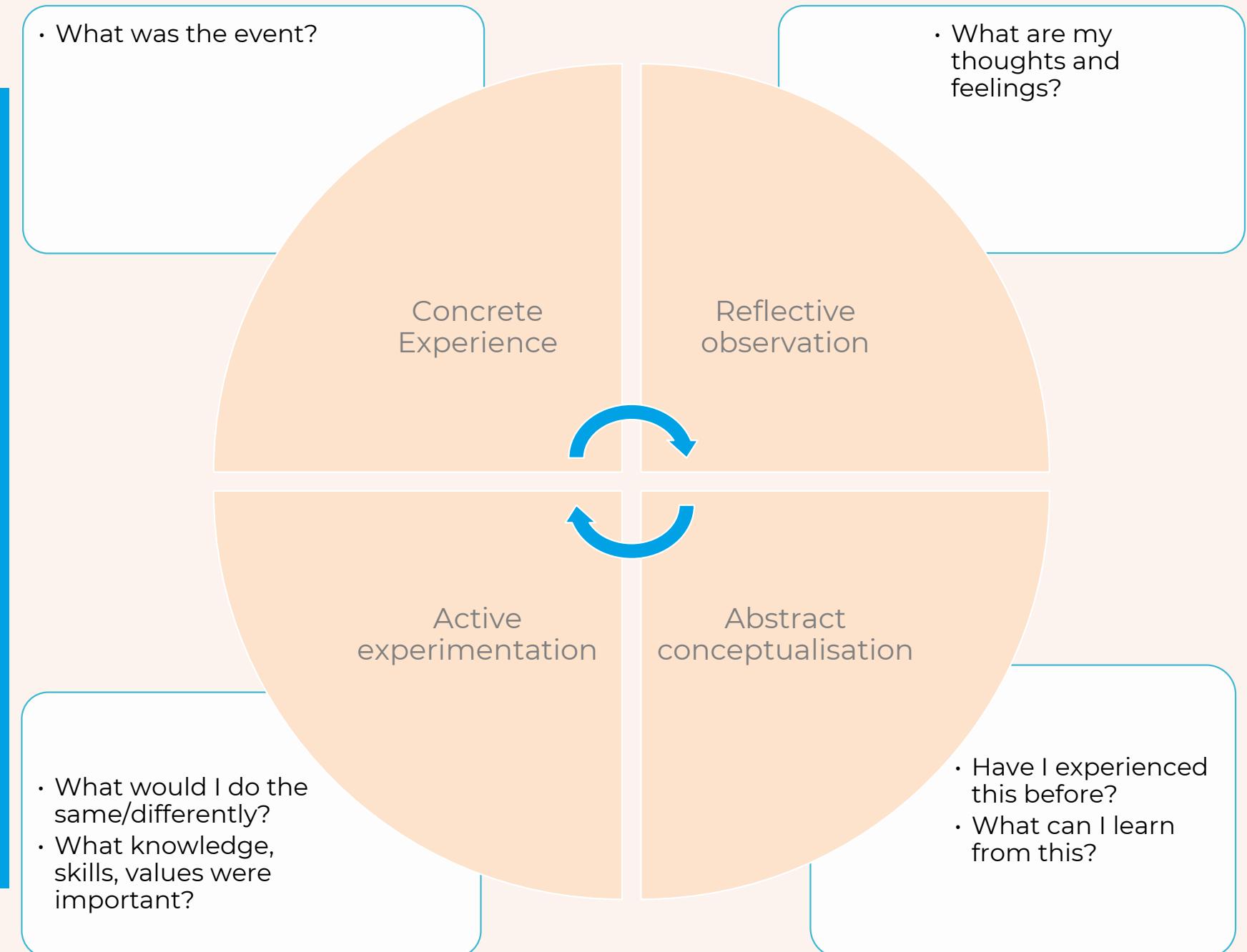
Barriers

Identity

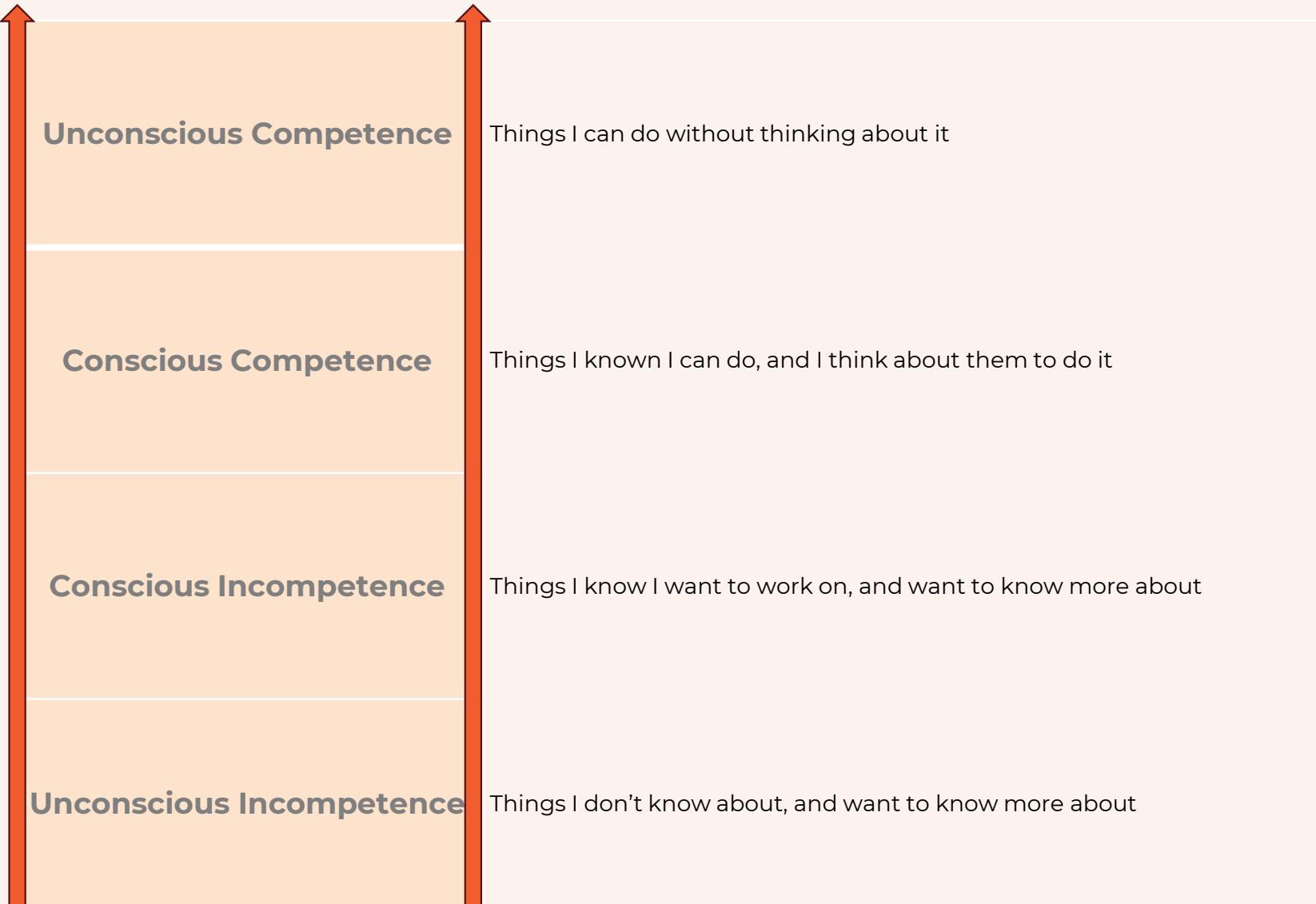
Values



Kolb's reflective model



Conscious Competence Matrix



The Weather Model



What went well?



What didn't go well?



Did you feel lost?



Did you do something difficult?



Did you see something different?



What came as a surprise?



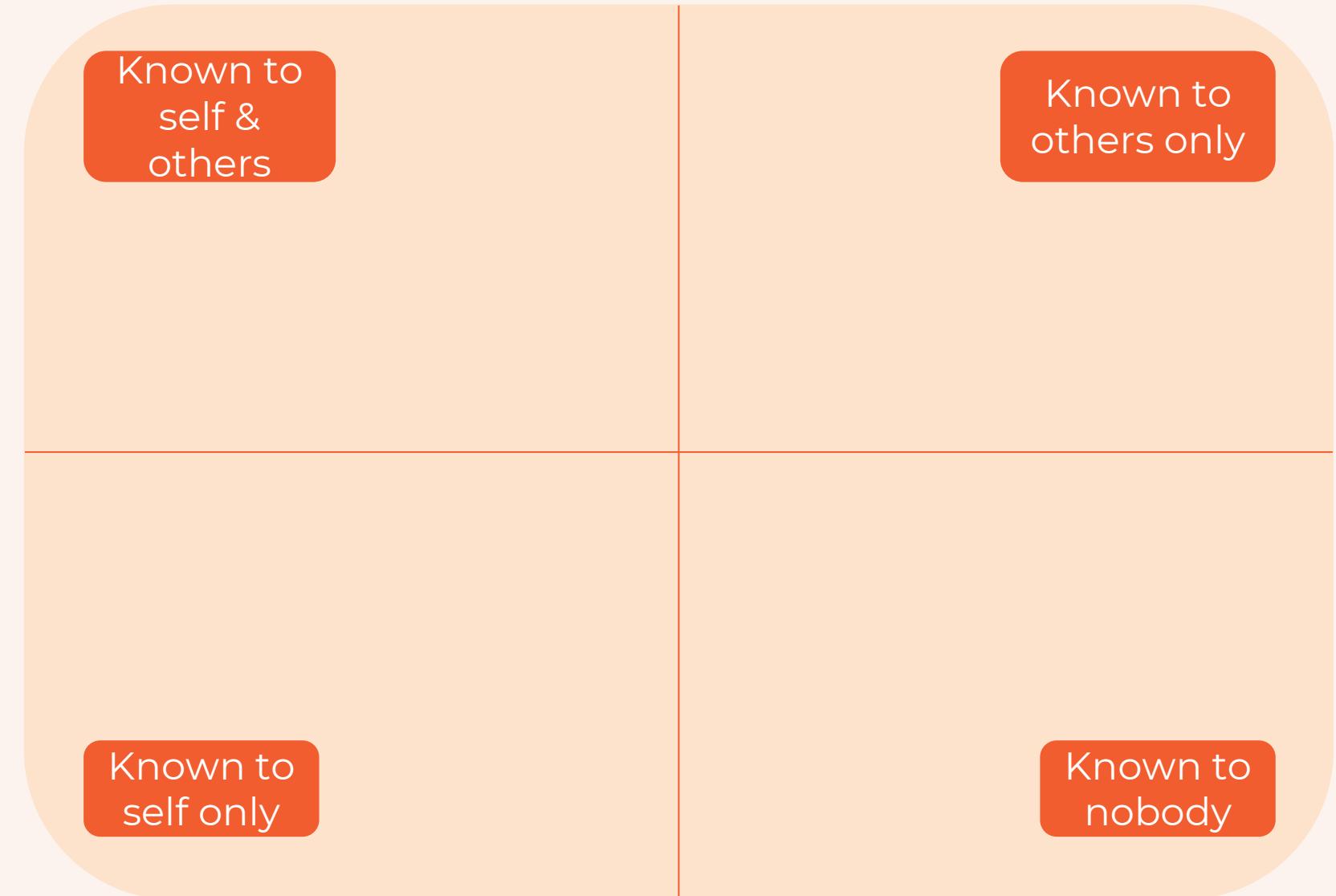
Did anything go off course?



Was there conflict?



The Johari Window



The 4 Fs Model

FACTS

What is known? What is not known?
Who is involved? Why? When? How?
Where?

FEELINGS

How do I feel about it? How do others feel?
What do I expect from my/their feelings?

FINDINGS

What does this mean? What conclusions can I draw? Or not draw?
What is missing?

FUTURES

What have I learned? What did I expect?
What did I not expect? What does this mean for the future?

