



Congratulations!

You have now completed
the training session....

But what now?



Following on from any training:

You need to consider:

- What have you learnt that is new to YOU ?
- What are you going to do with this new learning?
- How do you put learning into practice?

There is a lot to think about – so how do you structure and make sense of this?



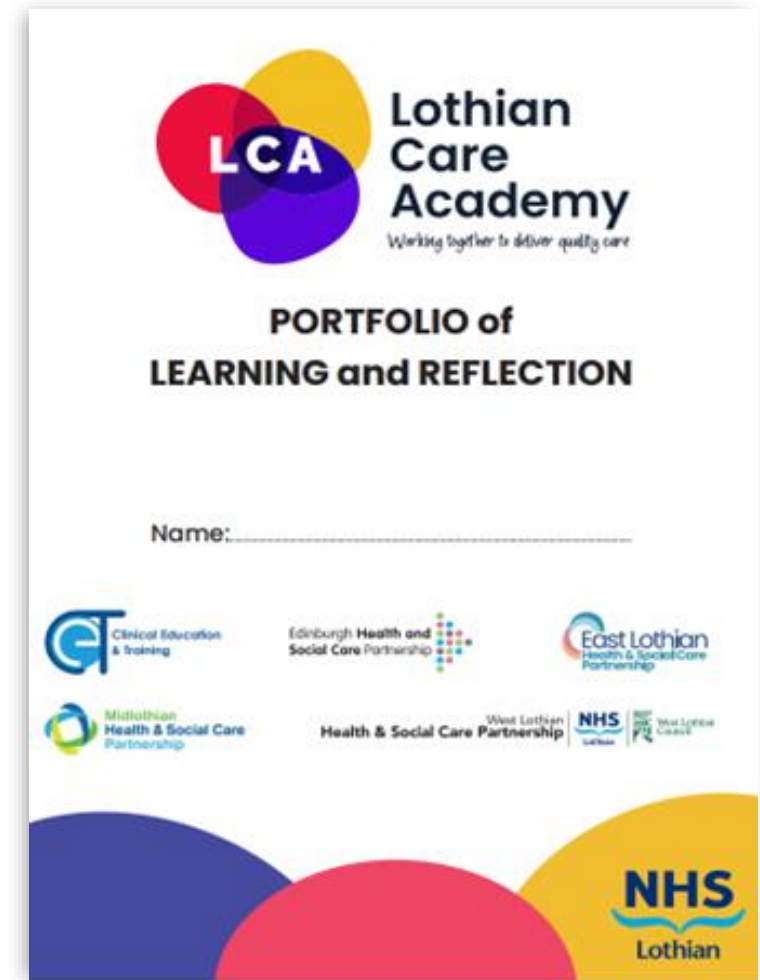
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Portfolios of Learning or Reflective Journals

There are many formats that work:

- Portfolio/Notebook
- MyLearning App/Open Badges – SSSC online
- A shoebox (?)
- MyLearning Hub - CEC
- TURAS

Find one that works for you – it needs to be easy to access and update



Why keep a Portfolio of learning ?



Memory Aid



Focus your learning and Development



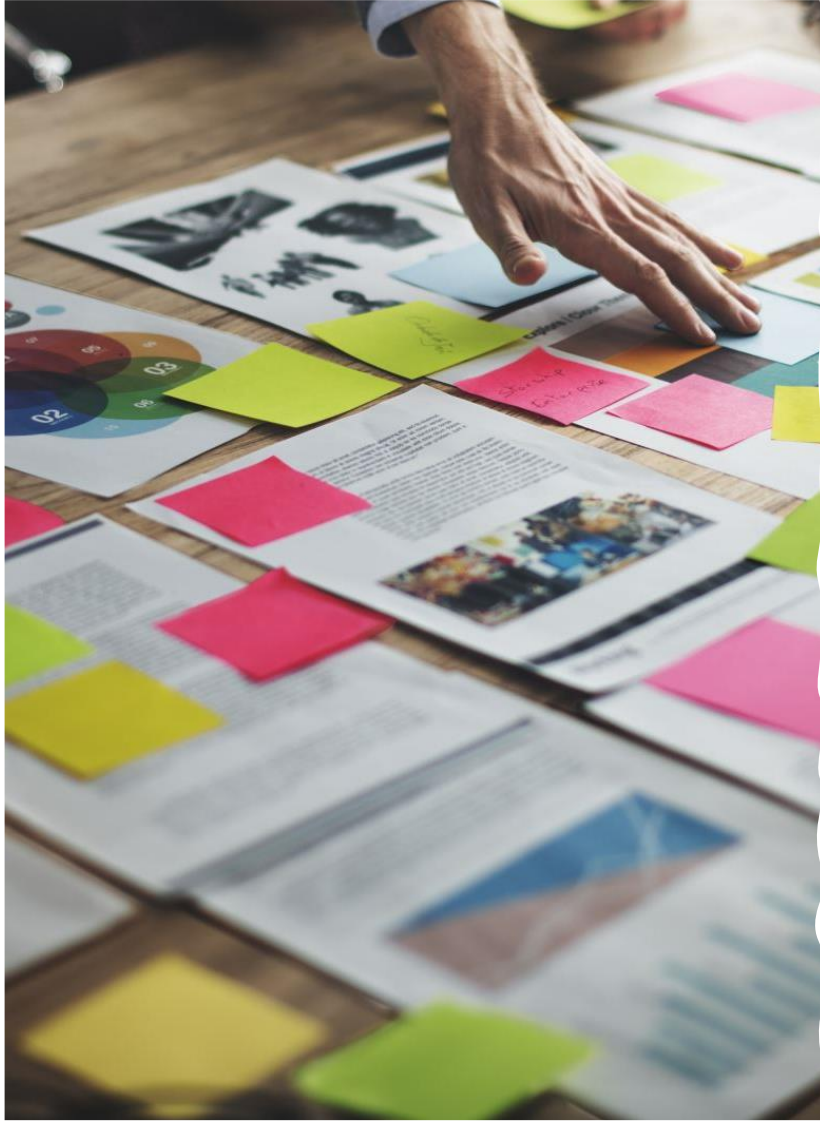
Help you reflect



Meet professional responsibilities



Show development



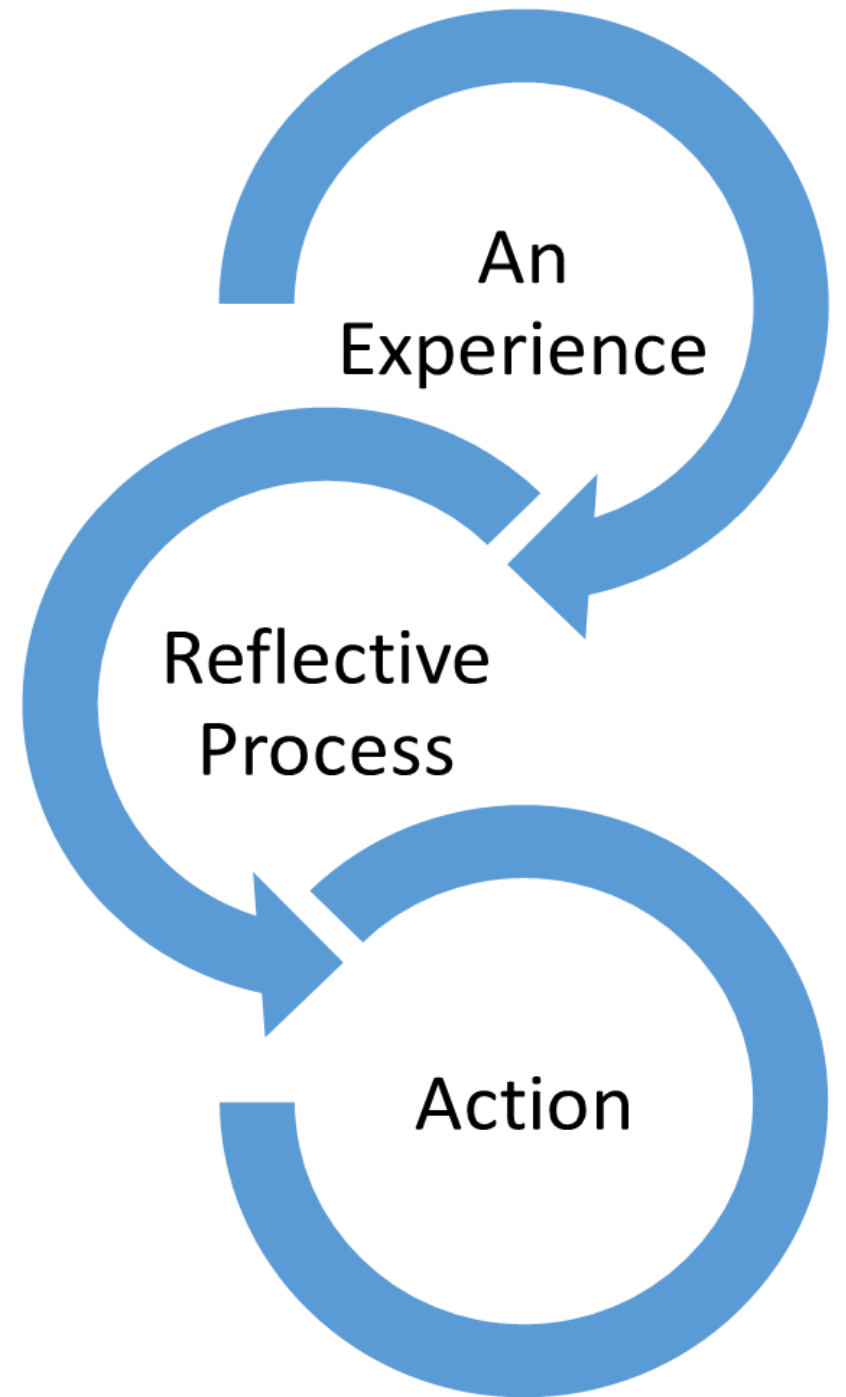
What can go in a Portfolio of Learning?

- Certificates of training
- Information of online courses
- Videos/Programmes watched
- Podcasts
- Discussions with colleagues
- Conferences attended
- Cards/letters from people you have cared for
- Appraisal/Professional Development Paperwork

Reflective Process

Certificates of attendance alone cannot demonstrate learning

You need to think and write reflectively to demonstrate **HOW** the learning will impact on your future practice



Why is this so important in care?

Reflection helps to

- bridge the theory practice gap
- reduce practices based on custom and practice
- develop and understand your practice, decisions made, lessons learnt and implication of these for future practice
- ensure that care remains person centred and based in the person's experience

Ensures Safety and Quality



Reflection
can be
summarised
as having
three
components

Things (experiences) that
happen to a person (you)

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graph TD; A[Things (experiences) that happen to a person (you)] --> B[The reflective processes that enable the person (you) to learn from those experiences]; B --> C[The action that results from the new perspectives that are taken];
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The reflective processes that
enable the person (you) to
learn from those experiences

The action that results from
the new perspectives that are
taken

Tips for Reflective Writing:

- Don't just focused on the 'how' of care –
- Explore the '**why**' – demonstrate thoughts and thinking
- Identify skills developed and ones that require some more refining
- Begin to direct own learning

Remember:

Confidentiality must be maintained

Expect it to be read (even if it's not)

Keep it 'live' - Return to it frequently, learning from training and events doesn't stop after leaving the classroom



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Evidence from portfolio of learning

Can be used for a variety of different professional requirements

- Evidence for qualifications including SVQ and PDA
- Evidence for SSSC Open Badges
- A discussion tool for supervision
- For Personal Development Planning or Appraisal process
- Evaluation of training



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Write once – use for other things!

Think and Record:

Immediately after training:

- What did I learn?
- How can I put this learning into practice?



Write down ideas as they come to you
Don't worry about structure, order,
spelling, grammar



Make sense later with the help of a
more formalised structure (use the
template)

Later:

A situation in practice when I have used the new learning:

- How did the learning influence my practice?
- What went well?
- What didn't go so well?
- What will I do in a similar situation in future?
- Do I need or want further learning or development?