



PART II
GUIDELINES FOR PREPARING
REFLECTIVE JOURNAL



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Part II contains guidelines for preparing the Reflective Journal/Supervised Practicum File. The following guidelines should be taken into consideration while working on the Journal, that is for recording the reflections:

There is no specific format to be followed while writing your reflections in the Reflective Journal/Supervised Practicum File.

In a reflection, you have to write your thoughts as they flow in your mind with respect to that reflective exercise.

As already explained, there is no 'Right' or 'Wrong' answer in this Journal. But your honesty in reflecting your inner self and thoughts would get you higher marks.

Take guidance of your Counsellor where ever required.

To express yourself you may draw, use audio tape (then transcribe the same), talk to yourself, do daily diary writing, essay writing, etc.

Engage in peer discussion on a given reflective situation.

Discuss with your Academic Counsellor.

Engage in self-observation and deeper introspection.

It would be wise to begin doing all this at least a few days before you actually start with the specified exercises.

These exercises would require you to be in a thinking mode always. The exercise has more to do with your interpretations and understanding of concepts rather than mere data collection through observation; interview etc.

You need to answer questions like a) what led to the situation; b) what happened; c) what can be learned from it; d) how was I different in perception before and after reflections; e) what should be done next time; f) what research can be done to bring about change in perceived notions; g) how has the reflective exercise helped me in developing a deeper understanding of the situation and in imbibing a culturally fair perspective and value orientation; that is necessary for being an effective counsellor and family therapist.



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