



# The Reflective Journal

2nd edition

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This is the second edition of Barbara Bassot's hugely popular book is a uniquely inspiring introduction to critically reflective practice. Using bite-sized theory combined with plentiful guidance and supporting activities, this book gives the reader a place to reflect on their learning and use writing as a tool for developing their thinking. Critical reflection is an essential skill for anyone undertaking qualifying professional programmes such as social work, nursing, health, teaching, childhood studies and youth and community work degrees. Whether being taught as a discrete module or as a major theme embedded in all teaching, this is essential reading for anyone wanting to improve their practise and deliver the best service possible.

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## FEATURES

- Takes the fear out of reflective writing by offering students space and encouragement to write without staring at a blank page
- Allows students to use exercises and personal experiences as a stimulus for reflection, giving them a structure for developing their reflective skills
- Introduces the theory of reflective practice and critical reflection in digestible bite-sized chunks
- An excellent companion across many disciplines, courses, modules and work-based learning opportunities, bringing together the latest theory on reflective practice in one place
- new\_to\_this \_edition Revised throughout to ensure that the research and theory is up to date Expanded content with new `Sections' added to each of the ten Themes (chapters) Approximately 50% of the student quotes replaced