Features of a good Reflection on post

This document gives the trainee to reflect on what s/he has learnt in the post just completed and place that learning in the context of their development as a GP. The scope is broader than that of individual learning log entries, and we are looking for themes as much as for specific items of learning or specific plans.

Desirable features of the writing will be a reflective style and demonstration of a strategic approach to planning of future learning. Addressing the domains of knowledge, skills and feelings, the writing will give a clear account of what has been learnt, how the trainee has responded to the learning, and how s/he will approach learning in their next post. There should be reflection on the relationship between post and self care or the doctor as a person. These elements will be integrated into a cohesive entity, and this integration is as important as the individual elements.