

## Reflection based of Rolfe et al (Example 5)

### **What? – (a description of the event) Psychiatry reflection 3**

What happened? What did I do? What did others do? What did I feel? What was I trying to achieve? What were the results? What was good or bad about the experience?

One of my junior trainee colleagues had applied to change to psychiatry training. I offered to review his portfolio and practice the clinical station for the interview with him. I gave him advice based on the feedback I had gotten from my own core training interview, and communication skills gained throughout my training.

My colleague was really grateful for the help, and he scored well in the interview and got one of his top three placement choices.

### **So what? – (An analysis of the event)**

So, what is the importance of this? So, what more do I need to know about this? So, what have I learned about this? So, what does this imply for me?

It was great to be able to help and mentor a colleague who was obviously passionate about psychiatry, and it helped me to see how far my skills had come in the last few years since applying for core training myself.

### **Now what? (Proposes a way forwards following the event)**

Now what could I do? Now what should I do? Now what would be the best thing to do? Now what will I do differently next time?

I will continue looking for opportunities to support and develop more junior colleagues.