**Guidelines for ePortfolio Posts**

The reflective process involves a number of steps*. As you reflect and construct your ePortfolio post, consider the following steps:

1. **Review the Felt Experience:**
   a. What were the essential elements of the experience (event/situation)? How would you describe it?
   b. What were your initial thoughts and feelings about this experience?

2. **Critical Analysis:**
   a. What questions does this experience raise for you?
   b. What answers are you exploring?

3. **Reflective Outcome:**
   a. What conclusions are you drawing from your reflection?
   b. How will these affect your future practice/behaviour?
   c. What goals and/or future plans do you have as a result of this reflection?
   d. How does this reflection address the formal objectives of this role?