

What would you do differently next time? How will you put that into practice? What have you learned – positive and negative? Where do you feel more or less confident? How can you prepare for this – mental rehearsal, mind map, reading etc. What new knowledge/skills do you need – how will you get them?

Describe the facts only – leave out feelings! What happened before the “event” “situation” started? What was your role in the situation? What was your aim? What planning did you do? What did you expect to happen? What actually happened? What did you say? What did you do? What did the other people involved say or do? What reaction did you notice to what you said/did? What surprised/puzzled you? Who behaved differently? What stuck out for you? What were the key moments? What words, non-verbals, sounds, images struck you?

How did you feel at the start of the situation? What were you feeling during and after? How do you think others were feeling – based on what? What other factors might have influenced how you or the others involved felt or reacted, e.g. gender, race? When did you feel most/least comfortable? Who seemed least/most comfortable? What were you thinking about as it was taking place? What ideas came to you as it was taking place? What feelings were you left with? What was left unfinished?

Experimentation
I test out my conclusions and experiment with different behaviour

Experience
I have an experience

Reflection
I reflect on the experience

Conceptualisation
Wider links and conclusions

What went well, & why? If others involved had been describing the event, how similar or different to your account would their description have been? How would the session have been seen differently if: the service user had been black; you had been a male/female worker? What didn't you notice? What aims/tasks were/were not achieved? What was the nature of the power relations during the event? How might your practice have contributed to oppression? Be failing to identify the potential for oppression? Be anti-oppressive? What social work theories help you understand some of the issues? What does the law say? Did it create barriers? Was it helpful? What policies apply? Where they helpful? What conclusions can you draw from this session/work so far?

Kolb's experiential learning cycle