

Rationale for the research

The year 2020 saw most organisations working from home due to the global pandemic. Skills Development Scotland utilised this new way of working and started to use online platforms to ensure continuous professional development opportunities such as reflective practice continued to be offered

Why reflective practice is important?

RP is the “antidote to complacency, habit and blindness” (Johns, 2004). It is “learning through and from experience towards gaining new insights of self and practice” (Finlay, 2008, p.1). It’s used by student, newly qualified and experienced career guidance professionals. It’s an important part of professional development and helps professionals cope with change by sharing best practice and offering support. Over the past year, it’s been integral in supporting career guidance professionals learn more about the changes to their practice, the labour market and the emotions/situations of their customers due to the COVID-19 pandemic.

Literature Review

The literature review will examine Kolb’s (1984) experiential learning model, Gibb’s (1998) reflective cycle and Schön’s (1983) reflection-in-action and reflection-on-action theory. It will explore professionalism and its link to RP, as well as evaluate the literature about RP delivered within group sessions.

There is research to suggest that group reflection can help with feelings of isolation (Bassott, 2016), which maybe prevalent amongst professionals working in rural areas and those who work independently. There may be increased feelings of isolation now due to career guidance professional’s working from home.



Research questions

- How meaningful is the learning from online reflective practice sessions?
- Does online reflective practice improve professional development?

References

- Bassot, B. (2015). *The reflective practice guide: an interdisciplinary approach to critical reflection*. London: Routledge.
- Finlay, L. (2008). Reflecting on ‘reflective practice’. Practice-based Professional Learning Centre. The Open University.
- Johns, C. (2004) *Becoming a Reflective Practitioner*. Oxford: Blackwell Publishing.

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