

# Reflection

## Foundation doctor

Name of foundation doctor	
GMC Number	
Date created	
Date last updated	

**Title**

### Higher Level Outcome (HLO)

- HLO 1: An accountable, capable and compassionate doctor
- HLO 2: A valuable member of healthcare workforce
- HLO 3: A professional, responsible for their own practice and portfolio development

**Tooltip:** - Which of the three higher level outcomes (HLO) does this reflection / experience most relate to?  
- At least one selection is required.  
- You can select more than one HLO if applicable, but try not to select all.  
- Making a selection will not automatically map this reflection to your curriculum.

### Type of reflection:

- Self
- Group
- With supervisor
- Other    If Other (please specify)\*:

For examples of best practice please review the UKFPO reflective guidance (<https://foundationprogramme.nhs.uk/resources/reflection/>)

**Reasons for writing the reflection \***

Tooltip: Do not include any details that might make a specific event recognisable.

What were the most important things that happened/did not happen?  
Did anything go differently than expected?  
What have you learnt about yourself, knowledge or skills?

**Next steps: \***

How has this changed your perspective?  
How will you apply what you have learnt?  
What learning could you share with colleagues?

**Start date of placement against which you want this form to count:**

Tooltip: Reflections are recorded against a whole rotation. To give an easy overview, on your Portfolio Overview page we split them into placements using this date.

In order for a supervisor to see this entry, it must be shared.

NOTE: Shared reflections cannot be made private again. However, reflections can always be edited.

**Private or Shared?**

Private	<input type="radio"/>
Shared	<input type="radio"/>

Tooltip: Once shared, a reflection cannot be unshared, but you will be able to continue to make changes.