

# What is reflection and how do you do it?

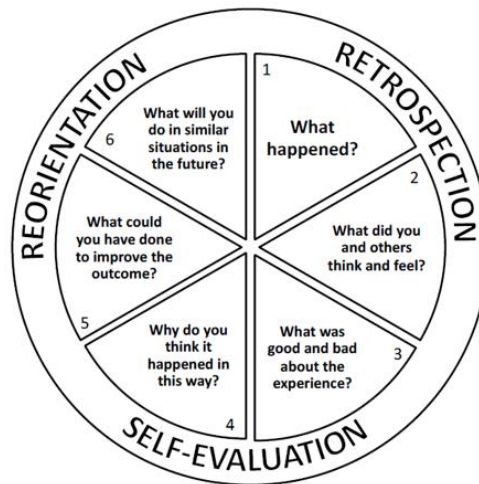
## A brief guide for WMS MMI candidates

“Reflecting on ... experiences is vital to personal wellbeing and development, and to improving the quality of patient care.” (GMC)

See: <https://www.gmc-uk.org/education/standards-guidance-and-curricula/guidance/reflective-practice> and <https://www.aomrc.org.uk/reports-guidance/reflective-practice/>

**Reflection:** taking time to think about something that happened to facilitate learning for the future.

### The PEARL reflection wheel



There are **many** ways to reflect – here is just one.

**What to reflect on?** If it triggered an emotional reaction, then reflection is likely to help.

