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What is reflective practice?

Reflective practice is a continuous process of reviewing and critiquing one's own work and experiences to enhance professional knowledge and practice. It involves a cyclical nature of reflection, which includes:

1. **Taking Action**: Engaging in practice or activities.
2. **Observing/Describing**: Reflecting on what happened during the action.
3. **Thinking/Analyzing**: Evaluating and interpreting the experience.
4. **Planning/Acting**: Replanning or reworking the approach.

This process is facilitated by various strategies such as writing reflective diaries, keeping logbooks, and engaging in discussions with peers and mentors. Reflective practice is crucial for professional development and growth, enabling practitioners to continuously improve their skills and knowledge.

The document mentions various aspects of reflective practice, including:

- **Reflective Observation (RO)**
- **Learning Activities**
- **Reflective Processes**
- **SWOB Analysis**

These components are integral to the development of a reflective practitioner, enabling them to critically evaluate their actions and learn from experiences.
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