**Reflective diaries/logs**

Reflective diaries can be used for discussion with supervisors or appraisers.

**GP trainee reflective log (as of 2018)**

**Subject title:**

**What happened?**

**What, if anything, happened subsequently?**

**What did you learn?**

**What would you do differently in future?**

**What further learning needs did you identify?**

**How and when will you address these?**

**The revised GP trainee reflective log due for implementation in 2019/2020**

**GP population group** e.g. people with long term conditions and disabilities

**Suggested capabilities** e.g. communication and telephone skills

**Brief description – Describe how your actions and approach link to the GP capabilities**(Look at the portfolio word descriptors. Think what you would need to change to demonstrate competence or excellence on those suggested)

**Reflection: what will I maintain, improve or stop?**

**What learning needs have you identified from the event?**

For filled in examples please click on the links below:

[*Example 1*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-ReflectiveDiaries-Example1-v2.pdf)

[*Example 2*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-ReflectiveDiaries-Example2-v2.pdf)

[*Example 3*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-ReflectiveDiaries-Example3-v2.pdf)