

Reflective Writing



A strong reflective account shows that you can think critically about your practice, link it to standards, and identify how you will grow professionally. It's about demonstrating that you can:

- Apply knowledge in practice
- Reflect on your actions and decisions
- Identify learning and development needs
- Show understanding of the SSSC Codes of Practice and SVQ standards

Keep It Personal and Practical



Real Life Experience's:

- Use your own voice — write as if you are talking to your assessor about what you did and learned.
- Base your reflections on real experiences, not hypothetical situations.
- Always protect confidentiality: avoid names or identifiable details of service users.

Use a Simple Structure



What happened?

- Describe the situation briefly.
- Include key actions you took, but keep it factual and concise.

So what did you learn?

- Explain what the experience taught you.
- Reflect on your skills, knowledge, attitudes, and professional values.
- Consider how the experience links to SVQ units and standards.

Now what will you do differently?

- Identify next steps for improvement.
- Mention any skills you plan to develop or strategies to try in the future.

Link to SVQ Standards and SSSC Codes of Practice



Scottish **Social**
Services Council

Assessors look for evidence that you understand professional standards:

- Promote dignity, respect, and rights of individuals
- Encourage choice and independence
- Work ethically and responsibly
- Demonstrate learning and development

Whenever possible, reference these standards in your reflections.

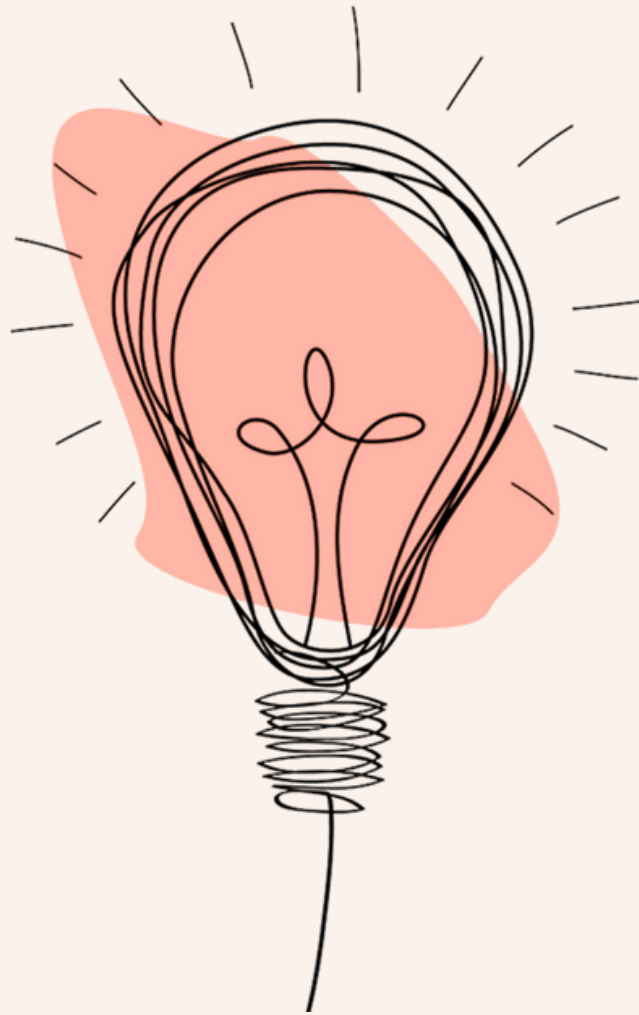
For example: “By encouraging the service user to make choices about their care, I applied the principle of promoting independence outlined in the SSSC Code of Practice 1.3 – Promote the rights of individuals to have control over their lives and make informed choices about their care or support.”

Keep It Concise and Readable



- Use short paragraphs and clear language.
- Focus on one key experience per report.
- Include evidence of learning, not just descriptions of what happened.
- Ensure your writing is clear and professional.
- Check that your reflection shows learning, growth, and application of knowledge.
- Avoid writing like a diary — focus on insight and professional development.

Tips for Success



- Reflect honestly – assessors value insight more than perfection.
- Keep a log of experiences as you work; it makes writing reports much easier.
- Use examples to show how you applied skills or principles in real situations.
- Be mindful of confidentiality at all times.