

Reflecting on Learning

Try to write down some notes about what you have learned as soon as possible after the event, while the thoughts are fresh in your mind. This will make it much easier when you come to complete a reflective statement on 'MyGOC'. Use the headings in this template form to help structure your thoughts – this matches the format you'll need to follow on 'MyGOC'.

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| Peer Discussion event: |
| Date: |
| Name of Facilitator/Group: |
| Summarise the clinical skills and competencies that were discussed during this session: |
| List the main things you learned from this session: |
| Describe how you will apply this learning in your practice: |
| Has this session identified any areas where further personal learning is needed? If so briefly describe these below: |