### REFERENCES


Clark A (2005) Capturing Learning from Practice. Case Study for the Centre of Integrated Learning CETL. University of Nottingham. tinyurl.com/capturinglearning


Nursing and Midwifery Council (2004) Standards of Proficiency for Pre-registration Nursing Education. London: NMC.

Royal College of Nursing (2004) Giving Feedback Constructively – as a Reviewer or an Appraiser. tinyurl.com/feedbackappraiser


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**FIG 1. POCKET TRIGGER CARDS FOR REFLECTION**

<table>
<thead>
<tr>
<th>TRIGGER CARD (FRONT)</th>
<th>TRIGGER CARD (BACK) 1</th>
<th>TRIGGER CARD (BACK) 2</th>
<th>TRIGGER CARD (BACK) 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Event/experience</td>
<td>FOCUS FOR REFLECTION</td>
<td>FOCUS FOR REFLECTION</td>
<td>FOCUS FOR REFLECTION</td>
</tr>
<tr>
<td></td>
<td>What I did</td>
<td>What I did</td>
<td>What I did</td>
</tr>
<tr>
<td></td>
<td>Attended staff meeting</td>
<td>Meeting and greeting</td>
<td>Insight visit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>clients</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>What others did</td>
</tr>
<tr>
<td></td>
<td>Need to</td>
<td>Know more</td>
<td>Need to</td>
</tr>
<tr>
<td></td>
<td>Review* Assessment</td>
<td>Assessment</td>
<td>Physical support</td>
</tr>
<tr>
<td></td>
<td>Develop a skill</td>
<td>Communication skills</td>
<td>Develop a skill</td>
</tr>
<tr>
<td></td>
<td>Group discussion</td>
<td>Interpersonal skills</td>
<td>Debrief</td>
</tr>
<tr>
<td></td>
<td>Communication skills</td>
<td></td>
<td>Other</td>
</tr>
<tr>
<td></td>
<td>Debrief</td>
<td></td>
<td>Debrief</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Other</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Reflective discussion</td>
</tr>
</tbody>
</table>

**REFERENCES**


Clark A (2005) Capturing Learning from Practice. Case Study for the Centre of Integrated Learning CETL. University of Nottingham. tinyurl.com/capturinglearning


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