

Your Personal Course Review

Our experience has shown that in order to get the most out of the course a little time spent before and after the course reflecting and making notes helps to focus and clarify your learning experience.

Courses are intense and learning occurs on many levels. These include theory and factual knowledge, practical skills, personal development, and integration into your clinical practice.

The following reflection is designed to help you engage with this course, reinforce your learning, and integrate it into your osteopathic practice

Before the course starts

Take a few minutes to quietly think about the following and write notes for yourself (and later reference):

- Why do I want to do this course now?
- What do I think is missing from my osteopathic practice which this course can provide?
- What do I need from this course in terms of palpation?
- What gaps in my knowledge of cranial bony anatomy and physiology do I recognize?

Recognising what you want to know and which matters to you, helps you learn more deeply from the course as it makes it easier for your brain make connections with new and unfamiliar ideas. During the course you will also, or may also, have experiences and learning which will be different, or broader, than those anticipated. (This will help you with section 5 of the assignment.)

- What else am I hoping to gain from this course? What opportunities do I see?
- Do I have any concerns or anxieties about the Module? How can I help myself, or which colleagues/faculty could help me with these?

As soon as possible after the course . . .

- Write a bullet point summary of your main learning from the course.
- Prepare your own list of questions arising from the course, which you will be seeking to answer in the weeks ahead – because these questions matter to you.
- Email your summary and questions to 3-4 friends from the course. Give one another constructive comments or suggestions (if they write in a **different colour** then it is really clear).
- Amend your summary as you wish (you don't have to accept any of the revisions or developments which others suggested – you just have to read and consider them) and keep for reference.
- Take 4 themes from your summary to follow up. What plans do you have to take these ideas forward? Do you anticipate any difficulties? Who might be able to help you?
 - 1.
 - 2.
 - 3.
 - 4.

3-6 weeks after the course

Review your summary and reflect on the progress you have made.

- In what ways has your thinking or practice developed since the end of the course?
- How did you learn the above?
- How will this learning be used in your practice in future?
- Outline any aspects of the course which you have yet to explore and how you plan to proceed.