

Mirror, Mirror on the Wall...

As you begin your day as a preceptor, take a moment to think about the answers to these questions.

- What is my primary responsibility as a preceptor?
- Why am I serving as a preceptor?
- Am I being effective?
- How do I know I am being effective?
- What are my opportunities for improvement in my role as a preceptor? How can I accomplish these?
- Am I presenting myself as a positive role model to my preceptee?
- What did my preceptee and I accomplish recently?
- How is my preceptee responding to my efforts?
- Am I challenging my preceptee to be the best nurse he/she can be?
- What are my personal values?
- Am I maintaining my personal values as I serve as a preceptor?

References:

Reflective Teaching – The Potholes & Pebbles. A presentation by Hesta Friedrich-Nel.

Greene, S. *Creating the Best Year of Your Life*. Retrieved from www.howtoadvice.com/SelfReflection

Self-Reflection of a Preceptor

Socrates, Albert Schweitzer, Ben Franklin and many other great intellectuals believed that self-reflection was necessary in order to lead a positive and rewarding life.

The ability to reflect on your own strengths and opportunities for improvement is a skill. It also is not an easy task and takes time and effort. It requires the capacity to be honest and introspective. Self-reflection can both be a personal and professional challenge toward your goal of becoming “the best you can be” as a preceptor. It also is an affirmation of your commitment to the role of a preceptor and to the amazing work that you accomplish on a day-to-day basis.

To utilize self-reflection in a consistent manner, it should be performed on a regular basis. Perhaps you won’t be able to practice this task every day, but it is important to practice this on some sort of a scheduled routine. Driving to work provides a great opportunity to self-reflect. Take a few moments to think about the questions in the left column of this newsletter. Then ask yourself, what will I do differently today? What was successful yesterday? Convert this information into specific actions. Keep a copy of your reflective questions with you while at work. It also might be helpful to write down your answers to your questions. The questions and your answers then can serve as a guide to your practice as a preceptor.

Communicate your self-reflection activities with your preceptee. It is important that they realize your commitment to the preceptor/preceptee relationship and that you will demonstrate your desire to continuously evaluate and improve your precepting skills. Consider asking your preceptee to participate in self-reflection activities, too. Incorporate your self-reflections in your weekly meetings.

As you put the steps of self-reflection into practice, be sure to remember to pay tribute to yourself. Precepting is VERY hard work! Acknowledge your efforts and give yourself accolades for a job well done. Self-reflection also is a great method to recharge one’s mind and body for the tasks that lay ahead. In addition, don’t be too hard on yourself if things aren’t going as you have planned or expect. It may simply be a bad day, or it may require more introspection on your part...what isn’t working? Be specific. Then take the power into your hands to change it and make it better!

“Knowing others is wisdom, knowing yourself is enlightenment.”
– Lao Tzu