

TRAUMA INFORMED COUNSELLING PRACTICE 2

PINTEREST BOARD AND REFLECTIVE STATEMENT

The following plan or scaffold is a suggestion to help you plan and prepare the following assessment:

COUN2271

Assessment 1 Part B: Reflective Statement

Write a critical reflection (maximum 500 words) on the insights you have gained through the development of a Pinterest on the topic of the practice of trauma counselling; impact of trauma on the brain; recognising and assessing a range of trauma symptoms and triggers (use a MS Word document).

Note: The scaffold is a suggestion based on the assessment criteria. However, you may choose to create your own scaffold based on your understanding of the task.

Why should I prepare a scaffold for an assessment task?

Preparing an assessment scaffold is an excellent way to organise your reading, writing and thinking for assessments. Your scaffold should be tailored to the assessment question and address the different task requirements. The scaffold can also help you identify whether you need to gather and evaluate more information in order to develop, build on and support your argument.

How do I create a scaffold?

To create your scaffold, organise your main points into clear sections and decide on the order of the sections. Create dot points for presenting each section in a logical sequence so that one point builds to the next. Remember that each section needs to include information from academic sources. You should also allocate approximate word limits to each section to guide your research and writing.

Will the scaffold end up being my structure for the final draft?

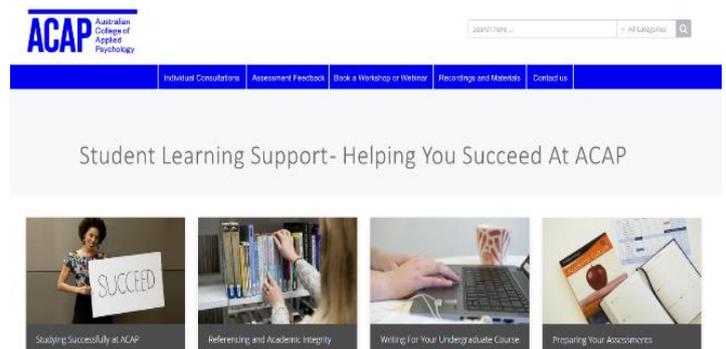
The scaffold will ideally provide you with a set structure for a final draft. However, you may find that you cut, paste and restructure your work after using the scaffold as a starting point.

Where can I get more information about planning and preparing an assessment?

The Student Learning Support (SLS) website has a range of resources to help you at any stage of preparing an assessment task. For this assessment, you may find these pages particularly useful:

- [Approaching the question](#)
- [Preparing a plan for writing or presenting](#)
- [Essays/Academic essays](#)

<https://sls.navitas-professional.edu.au/>



Possible Scaffold

Section	Content	Approx. word count
Intro:	<ul style="list-style-type: none"> ○ Background / Context: Introduce the key insights you will outline below ○ Signpost the main points to be discussed in your paper (Firstly...Secondly.../This paper will highlight/analyse/etc) ○ Outline the key links between your key insights and the Pinterest board. 	50
Part 1:	<p>Key insight 1 from Pinterest activity</p> <ul style="list-style-type: none"> ○ Describe a key insight from the Pinterest activity; what did you learn? ○ Critically reflect on the process, use specific examples from your experience (use language highlighted on the next 2 pages for examples of what to say) ○ Use appropriate literature to support your reflection (gained from Part A assignment) <p>*use both first and third person here*</p>	200
Part 2:	<p>Key insight 2 from Pinterest activity</p> <ul style="list-style-type: none"> ○ Describe another key insight from the Pinterest activity; what did you learn? ○ Critically reflect on the process, use specific examples from your experience (use language highlighted on the next 2 pages for examples of what to say) <p>Use appropriate literature to support your reflection (gained from Part A assignment)</p> <p>*use both first and third person here*</p>	200
Conclusion	<ul style="list-style-type: none"> ○ Summarise your ideas and reflections from your 2 chosen insights. ○ Conclude with a sentence that relates this assignment back to the broader topic of trauma informed counselling <p>*You can use third person here, and first person if needed.</p>	50

Vocabulary and sentence stems for reflection

For me, the [most]	<ul style="list-style-type: none"> important meaningful significant relevant useful 	<ul style="list-style-type: none"> aspect(s) idea(s) value guideline code element learning 	<ul style="list-style-type: none"> is happened when... resulted from... arose from...
<ul style="list-style-type: none"> Previously, At first, In the past, 	I	<ul style="list-style-type: none"> thought (did not think) felt (did not feel) noticed (did not notice) questioned (did not question) 	
This	<ul style="list-style-type: none"> might be is perhaps could be is probably 	<ul style="list-style-type: none"> because of... due to... explained by... related to... 	
Having	<ul style="list-style-type: none"> analysed... applied... noticed... felt... discovered... observed... reflected... discussed... experienced... learned... read... 	I now	<ul style="list-style-type: none"> feel... know... question... understand... realise... think... wonder...
I now	<ul style="list-style-type: none"> realise... think... understand... 		
As a result I plan to	<ul style="list-style-type: none"> develop adapt change learn improve 	<ul style="list-style-type: none"> my skills in... my understanding of... my knowledge of... my ability to... 	
<ul style="list-style-type: none"> This knowledge This understanding This skill This value 	<ul style="list-style-type: none"> is could be will be 	<ul style="list-style-type: none"> established developed enhanced 	<ul style="list-style-type: none"> in the workplace by... as a student by...
<ul style="list-style-type: none"> As a next step Next 	<ul style="list-style-type: none"> I will now need to... I aim to... I want to... I need to... 		<ul style="list-style-type: none"> develop... learn... improve... adapt... change

Using first and third person

Use **third person** when summarising codes or other's ideas.

The **code of conduct** aims to create a safe and supportive environment... (ACAP, 2019)

PACFA's (2017) values include... **They** explain that fairness involves...

Use **first person** when you are reflecting or giving an opinion.

I plan to develop my skills and knowledge in the area of honesty and in particular academic integrity.

My own personal value of fairness is congruent with PACFA as...

Language for flow and cohesion

Addition

again
and/and then
also
besides
furthermore
additionally
in addition
moreover
not only...but also
as well as
once again
apart from this
another

Highlighting

in particular
particularly
especially
mainly

Contrast

however
nevertheless
yet/and yet
on the other hand
though/although
even though
otherwise
conversely
while
instead
in contrast
alternatively
either...or
but

Conclusion

in brief
in conclusion
to conclude
in summary
summing up
on the whole
finally
therefore

Comparison

similarly/similar to
by comparison
likewise
correspondingly
equally important
in the same way
whereas
as well as

For introducing a reference

indicate
establish
conclude
state
believe
argue
note
point out
claim
according to (author)
emphasize/stress
proposes
imply

Checklist

Flow and cohesion

- Does each paragraph have one main idea? [Review essay structure here if you need.](#)
- Does each paragraph have a clear topic sentence?
- Are my topic sentences supported by evidence and examples with references?
- Do my paragraphs link together? Have I used [linking words](#)?
- [Am I using academic writing](#) – does my writing have a formal tone?

Grammar, spelling, sentence structure, punctuation

- Print it out and read it aloud, pause at commas, stop at full stops.
- Have a friend or family member read it (probably in exchange for a coffee)
- Check your transitions – are you missing or using the correct term (because, and, which)
- Look at sentence length, would some sentences be clearer if they were broken into two? Could some sentences be combined to be more direct? See here for more on [sentence structure](#).
- Are any of your sentences missing information? They should be able to stand alone and make sense. [See here for more info.](#)

Referencing

- Do my in-text references match the reference list?
- Are all my [in-text references formatted](#) correctly?
- Have I [formatted my reference list](#) correctly?
- Have I included the DOI when needed?
- Have I used italics correctly?
- Have I [added a cover sheet and formatted my paper in APA style](#)?

General tips

- For more on [paraphrasing and summarising click here](#)
- Make sure you have used first and third person appropriately. Note, we avoid using second person.

Further support available

- For help with research or finding articles https://libguides.navitas.com/contact_us
- For support with academic skills <https://sls.navitas-professional.edu.au/contact-us>
- Combining study with your everyday work and family commitments can sometimes be challenging. We have experienced counsellors available to help if you are finding it difficult to cope with your course load. To book an appointment with a counsellor email <https://www.acap.edu.au/current-students/services-and-support/counselling-support/>