

## Reflections on books and films

The aim of asking you to do this pre-course assignment is to start you thinking reflectively. The Knowledge into Practice (KIP) module centres around stepping back and thinking through your thoughts, feelings and actions in your patient interactions.

**Reflections of two books and one TED talk/movie (To be submitted before the official start of KIP – email to jacquikoep@gmail.com)**

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### 1. REFLECTIONS:

Two books from the “Reading/Viewing list” must be read and reflected upon. The book list consists of two sections, namely (1) Central Governor and (2) Applying science to life. You must select one book from each section of the book list.

For each of the books that you read you are required to submit a **two-page reflection** on the reading using the following headings:

- a) Motivation for selecting the book
- b) What did I specifically learn from this book?
- c) How will this impact on my practice as a clinician? What have you been doing that you will change as a consequence of the lessons learnt from reading this book?
- d) How will you ensure that this change takes place?

You then need to watch **one** of the “viewing” selections. These include movies or several episodes of shorter series/clips.

Write a **two-page reflection** on what you have watched using the following headings:

- a) Motivation for selecting the viewing
- b) What did I specifically learn from this viewing?
- c) How will this impact on my practice as a clinician? What have you been doing that you will change as a consequence the lessons learnt from the viewing?
- d) How will you ensure that this change takes place?

These are **NOT** intended to be summaries of the books or films. We **HAVE** read all these books and seen these films; and do not need you to tell us what they are about. **We want to know what you think!**