Mirror, Mirror on the Wall …
As you begin your day as a preceptor, consider 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?
- 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 possible?
- What are my personal values?
- Am I maintaining my personal values when I serve as a preceptor?

Use Self-Reflection to Improve your Precepting Skills
Socrates, Albert Schweitzer, Benjamin Franklin and many other great intellectuals believed that self-reflection is necessary to lead a positive and rewarding life.

The ability to reflect on your own strengths and opportunities for improvement is a skill. It is not an easy task; it takes time and effort. It requires the capacity to be honest and introspective. Self-reflection can be both 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 use self-reflection in a consistent manner, perform it on a regular basis. Perhaps you won’t be able to practice this skill every day, but it is important to do this on some sort of a scheduled routine. Driving to work provides a great opportunity to self-reflect. As you begin, take a few moments to think about the questions in the left column. Then ask yourself what was successful yesterday and what will you do differently today. Convert this information into specific actions. Keep a copy of your reflective questions with you at work. It also may help to actually write your answers. The questions and your answers can serve as a guide to your practice as a preceptor.

Communicate your self-reflection activities to your preceptee. It is important that the preceptee realizes your commitment to this relationship because it demonstrates your desire to continuously evaluate and improve your precepting skills. Consider asking your preceptee to participate in self-reflection activities. Incorporate your self-reflections in your weekly meetings with your preceptee.

As you put the steps of self-reflection into practice, remember to pay tribute to yourself. Precepting is demanding 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 future tasks. In addition, don’t be too hard on yourself if things aren’t going as you had planned or expected. It may be simply a bad day, or it may require more introspection on your part … what specially isn’t working? Then, take the power into your hands to change it and make it better.

Knowing others is wisdom; knowing yourself is enlightenment.
— Lao Tzu

References

www.howtoadvice.com/SelfReflection

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