

Process Recording Template – Format # 2

Individuals, Families, Groups Describe, Examine, Articulate Learning (DEAL)

Step 1: Describe: Objectively describe in some detail the learning experience.
What was the experience? When and where did it take place? What did I do and what did others do, say? What else happened that might be important?

Step 2: Examine: Analyze the experience from the (a) Personal Experience, (b) Theoretical Experience, & (c) Community Engagement Perspective
Personal experience: How did I feel (positively and/or negatively) in response to this experience? What assumptions or expectations did I bring to this situation? What personal skills and strengths did I draw on? What skills and knowledge do I need to build on?
Theoretical experience: What concept or theory is relevant to this experience? What social work values or skills did I use or should have used in this situation? How does this experience enhance my knowledge of a specific reading, theory, or concept? What questions am I left with? (Note, you can choose to reflect on a reading you did as the starting point, & apply it in a practical experience).
Community Engagement perspective: What are some of the broader, systemic issues? How does this impact how I facilitate change? What was I or someone else trying to accomplish? What underlying issues can I focus on next time? In what ways did power difficulties or differentials emerge in this experience? What privilege did I and others bring to this situation? What are the sources of privilege? How did leadership emerge in this situation?

Step 3: Articulate Learning: Using your responses to Steps 1 & 2 of this reflection exercise to respond to the following questions about what you learned
I learned that:
I learned this when:
This learning matters because:
I will use this learning to:

Supervision Comments: