

Exemplar of Practice

It's All About Me (or You)



Objectives

- Introduction and Definitions
- Storytelling
- What is a Story?
- What makes an Exemplar?
- Developing Exemplars-
 - How to get started
 - Planning
 - Writing
- Finished Exemplar

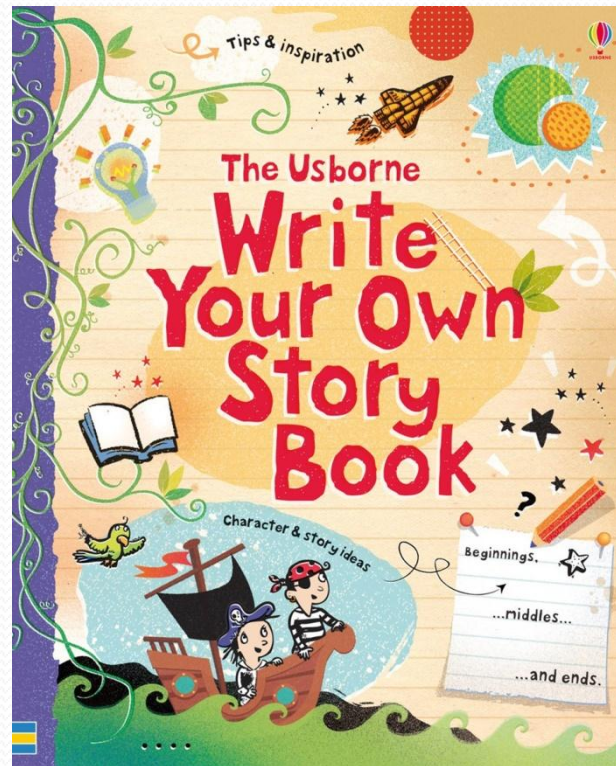
Introduction and Definitions

- An exemplar is a real story told to illustrate your practice or experience.
- Detailed description of the experience.
- Conveys something memorable/significant/important
- An exemplar is not a case study

Storytelling

- Story has Greek origins
- Knowing/ Knowledge/ Wisdom
- Stories help people learn
- Connections
- Learn values by sharing values
- Storys enhance human experience

What is a Story



What Constitutes and Exemplar

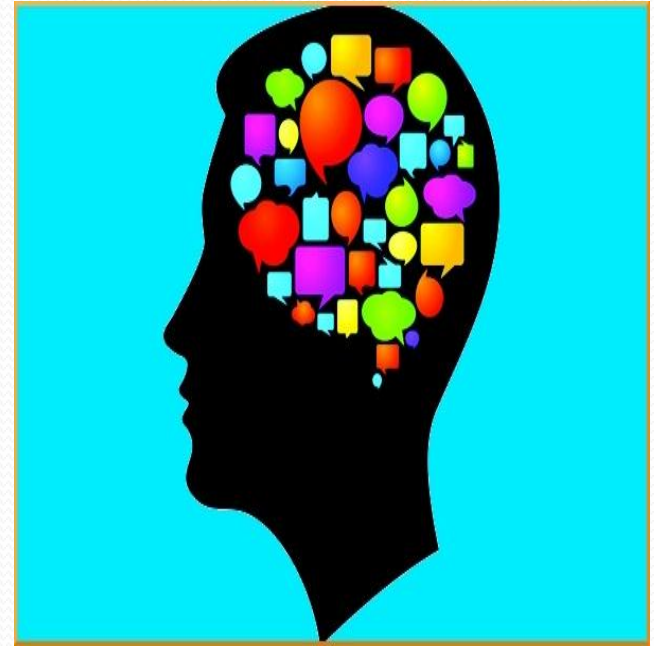
- An event where what you did directly or indirectly made a difference
- Stands out for you as an “aha” moment in your role
- You learnt something
- You suddenly understood “the penny dropped”
- A difference could be made
- Started you thinking
- Taxing upon you
- Did or did not go well.

Exemplars

- Narrative account
- Plain language
- Focused on the work you do

Include

- Background to the story
- Detailed description of what happened
- Why it is significant to you
- Why were you worried or concerned
- What were you thinking
- What were you feeling at the time



How to get started-your notes

- Reflect on your work practice
- Write a list of possible stories
- Talk out your experience
- Consider if the selected story reflects your experience
- Start writing- just start writing
- Write as much as relevant Whatever comes into your head
- All the detail you remember
- Allow yourself time

Planning

- Write down a date of when you need to complete by
- Give yourself time to think and explore your thoughts

Writing

- Write it down as you recall
- Recount what you actually did
- Everyday language that the reader will understand
- Include a brief paragraph about why the story interests you
- Always give a first person account
- Do not use any one else's names or identifying details
- No generalisations
- Simple and to the point

Final Document

- What you found most demanding
 - What you found most satisfying
 - Always try to submit a typed exemplar
 - 1-2 pages only no more than 5
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- Have fun doing it
 - Get started