

Reflective Essay – Instructions

Students must include a reflective essay as part of the Radiologic Science II Lab Portfolio. The essay should describe what you learned in the lab and how your understanding of radiographic exposure developed throughout the semester. Focus on technical concepts covered in lab, including technique formulation, exposure charts, exposure formulas, use of Automatic Exposure Control (AEC), and exposure indices.

The essay should reflect your learning experience in the laboratory setting and explain how lab activities helped you understand exposure relationships, consistency, and technical decision-making. Students are also encouraged to include their own suggestions, observations, or ideas for improving or making the lab activities more effective for learning.

Write in your own words and focus on learning and understanding rather than simply summarizing procedures

Length requirement: 300 -500 words

Sample Reflective Essay Sample – Radiologic Science II Lab (Approx. 300 Words)

The Radiologic Science II Lab helped me better understand the technical decisions I began to observe during my first semester in the clinical setting. While clinical rotations introduced me to real examinations and workflow, the lab provided the structure needed to understand why specific exposure choices are made and how they affect image quality and consistency.

One of the most valuable aspects of this course was learning how radiographic techniques are formulated. Creating and working with technique charts helped me understand how exposure factors such as kVp, mAs, SID, and grid use are selected and adjusted. After completing my first clinical semester, I can better recognize how departments rely on standardized techniques and why consistency is important across exams and technologists.

Learning how Automatic Exposure Control functions was especially useful in connecting lab concepts to clinical practice. In the lab, I learned that AEC must be set up correctly and that it does not automatically fix poor technique. Understanding chamber selection, kVp choice, and back-up time helped me better understand AEC use that I observed during clinical rotations and why technologists still need a strong understanding of exposure principles.

Exposure indices were another important focus of the Radiologic Science II Lab. Learning how to evaluate exposure numbers helped me understand that acceptable image appearance does not always mean appropriate exposure. After completing my first clinical rotation, I am more aware of how exposure indices are used to monitor consistency and avoid unnecessary radiation, especially in digital radiography.

Overall, Radiologic Science II Lab strengthened the technical foundation that supports my clinical experience. The lab helped me connect exposure formulas and charts to real clinical practice and improved my understanding of exposure control, consistency, and technical responsibility as I continue in the radiography program.