One reflective writing model after Gibbs, 1988

- Action Plan
- Description
- Feelings
- Evaluation
- Analysis
- Conclusion
Reflective writing prompt questions

1) Description:
   - Where and when did things happen?
   - What happened?
   - Who was there?
   - What did people say/do?

2) Feelings:
   - What was I thinking about at the time?
   - What were my feelings at the time?

3) Evaluation:
   - What went well?
   - What went badly?

4) Analysis:
   - What did I already know before the experience?
   - What did I learn from the experience?
   - Why did things go well?
   - Why did things go badly?
   - What research/theories/models can help me better understand things?
   - To what extent does my experience relate to theoretical concepts that I’ve read about in the paper/course?

5) Conclusion:
   - What can I now do better?
   - What else could I have done?
   - What should I perhaps not have done?

6) Action Plan:
   - How / Where / When can I use my new knowledge and experience?
   - If the same thing happened again, what would I do differently?
   - How will I adapt my actions / behaviour now that I have this new understanding?