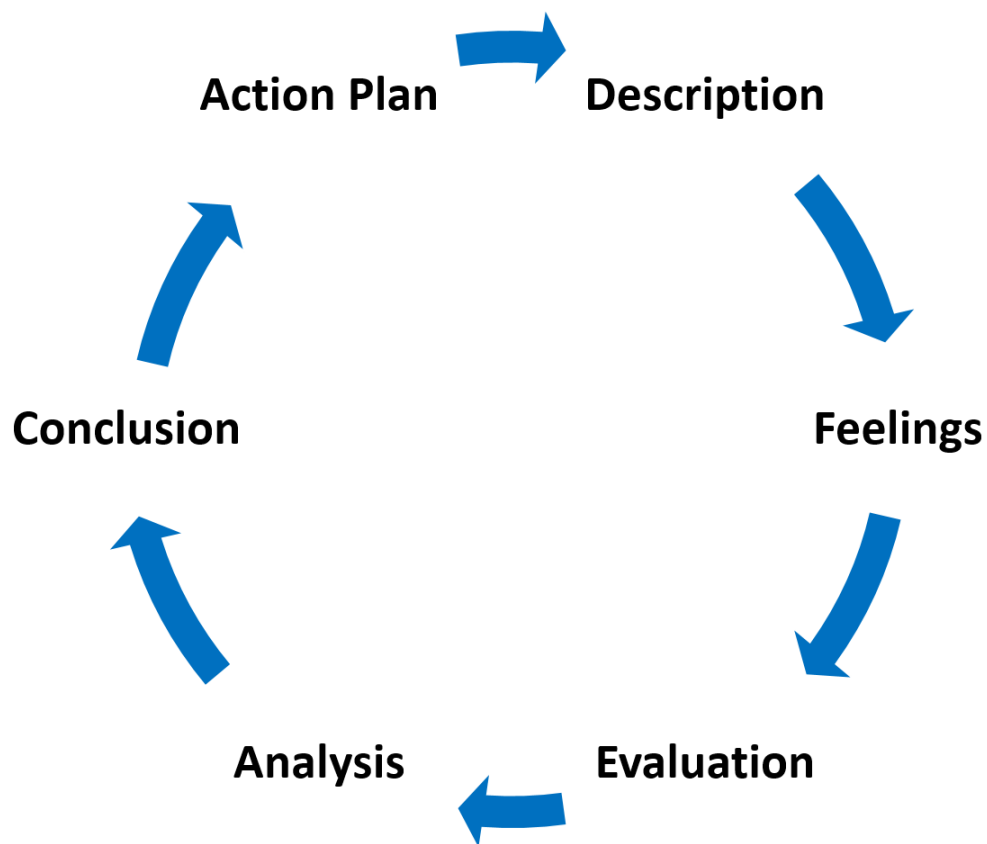


One reflective writing model after Gibbs, 1988



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?

Gibbs, G. (1988). *Learning by doing: A guide to teaching and learning methods*. Oxford, England: Further Education Unit. Oxford Polytechnic.