









Reflective writing

| <p>What is it?</p>  <p>The purpose of reflective writing is to aid learning.</p> <p>It is through the process of reflective writing that we are able to understand events, actions and thoughts and to learn from them.</p> <p>experience - writing - learning</p> | <p>Description</p>  <p>The shortest part</p> <ol style="list-style-type: none"> 1. This is where you describe the incident/event/experience. 2. Describe it only as <i>you</i> have experienced it, not how you think other people did. 3. Don't forget issue of confidentiality. | <p>Interpretation</p>  <p>The why of the event</p> <ol style="list-style-type: none"> 1. Why did things happen the way they did? 2. Are there theories or research that could have shaped what you did? 3. Were you affected by others, circumstance, or history? 4. Was it positive or negative or both? | <p>Outcome</p>  <p>What you have learnt from the incident/event/experience</p> <ol style="list-style-type: none"> 1. Would you do things differently in the future or was it a positive outcome with no need for change? 2. Are there resources etc that you may need in order to enable the change |
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| <p>Gibbs Model (1988)</p>  <ol style="list-style-type: none"> 1. Description: what happened? 2. Feelings: What you were thinking/feeling 3. Evaluation: What was good/bad? 4. Analysis: make sense of event 5. Conclusion: what else could you have done? 6. Action plan: If it happened again, what would you do? | <p>Boud et al (1985)</p>  <ol style="list-style-type: none"> 1. What? Description 2. So what? Theory and knowledge 3. Now what? Action orientated | <p>Structured reflection (Johns, 1998)</p>  <p>Description (select significant details) then consider,</p> <ol style="list-style-type: none"> 1. Aesthetics: why the response, effect on others, others feelings etc 2. Personal: internal factors & feelings 3. Ethics 4. Empirics: knowledge & theories 5. Reflexivity: connect experience with future | <p>Reflective journal/portfolio</p>  <p>Specific purpose</p> <p>Criteria: content & format</p> <p>Assessed</p> <p>Evidence of meeting criteria e.g. learning outcomes</p> |

