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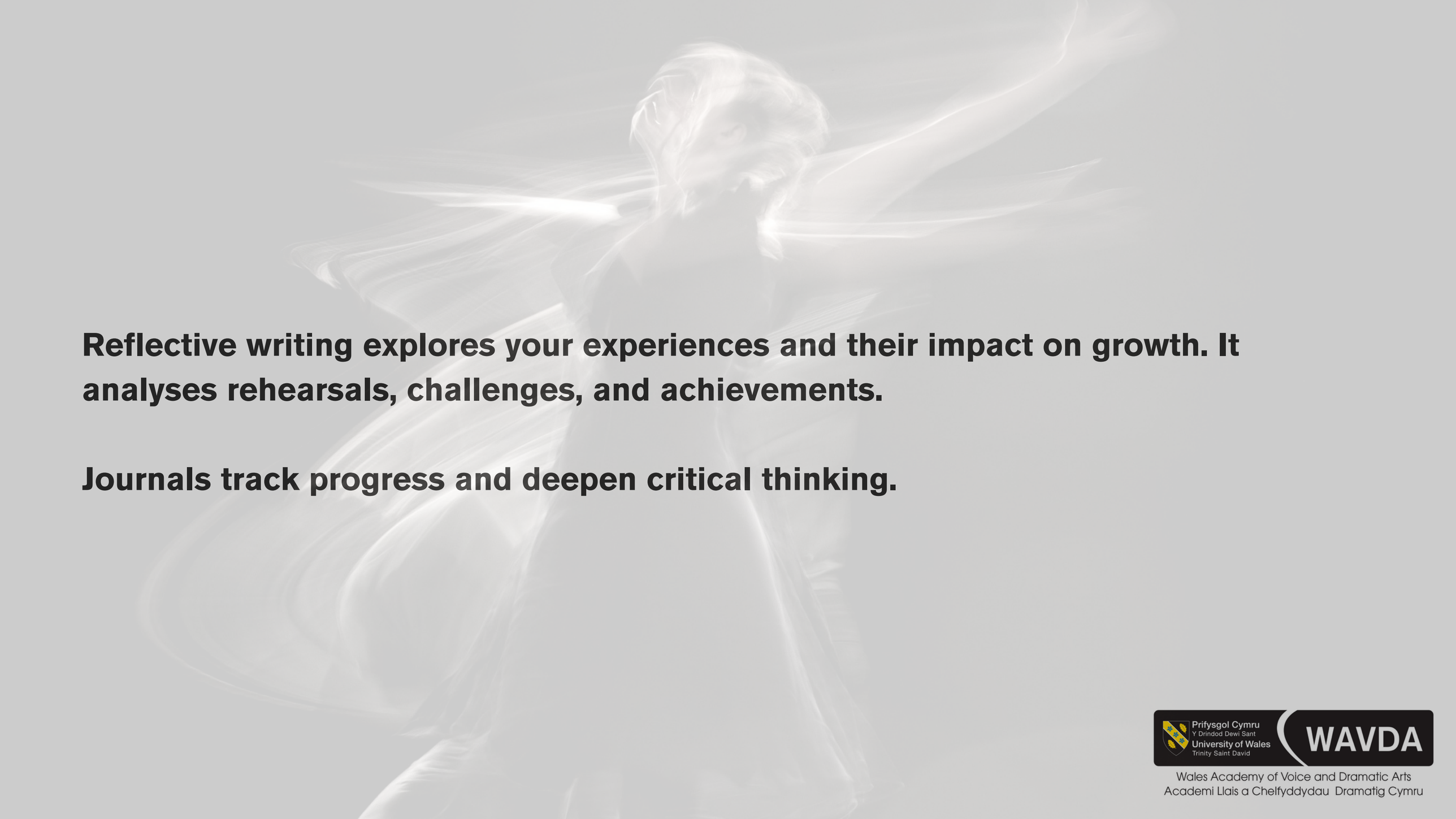
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LEVEL 4: ADPA4025

Reflective Essay

—

Lecturer: Lee McCallion



Reflective writing explores your experiences and their impact on growth. It analyses rehearsals, challenges, and achievements.

Journals track progress and deepen critical thinking.

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Reflection sharpens your skills, identifies areas to improve, and builds self-awareness.

In the dance industry, it's vital for growth and creative resilience.



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Kolb’s Experiential Learning Cycle:

1. Concrete Experience – Doing or having the experience.

2. Reflective Observation – Reviewing and reflecting on the experience.

3. Abstract Conceptualisation – Learning from the experience by forming theories or conclusions.

4. Active Experimentation – Planning and trying out what you have learned.

Dance Example: After performing a new routine, reflect on audience feedback, identify lessons learned, and apply improvements in your next rehearsal.

Schön’s Reflective Practice:

- Reflection-in-action: Adjusting as you rehearse.

- Reflection-on-action: Reviewing after rehearsal.

Example: Modify timing mid-routine; evaluate later what worked and what didn’t.

Gibbs Reflective Cycle (1988):

1. Description – What happened?

2. Feelings – What were you thinking/feeling?

3. Evaluation – What went well/badly?

4. Analysis – Why?

5. Conclusion – What have you learned?

6. Action Plan – What next?

Dance Example: Reflect on corrections and technical improvement after rehearsal.

Reflective Essay Explained

- **Total Length:** 1500 words (750 words per submission)

You may exceed 10% over the word count.

1. Mid-process reflection (during rehearsals)

1. End-process reflection (after final performance)

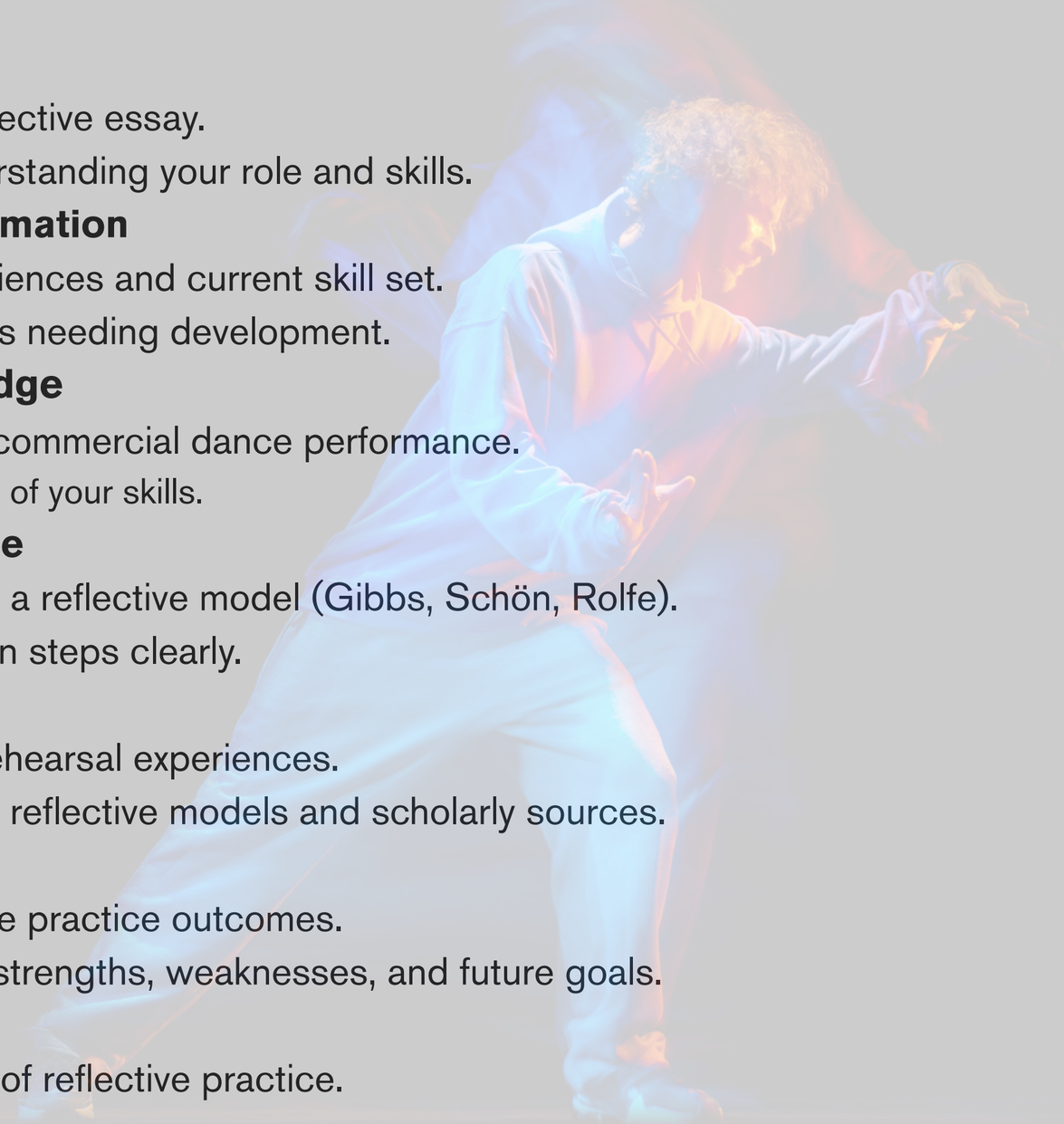
- **Key Requirements:**

- Include detailed notes from classes and rehearsals.

- Use at least **3 information sources** per submission (minimum 1 textbook).

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Suggested Reflective Essay Structure



1. **Introduction**
   - Purpose of your reflective essay.
   - Importance of understanding your role and skills.
2. **Background Information**
   - Your previous experiences and current skill set.
   - Clearly identify areas needing development.
3. **Industry Knowledge**
   - Provide context on commercial dance performance.
   - Discuss the relevance of your skills.
4. **Reflective Practice**
   - Choose and explain a reflective model (Gibbs, Schön, Rolfe).
   - Outline the reflection steps clearly.
5. **Your Reflections**
   - Describe specific rehearsal experiences.
   - Link these clearly to reflective models and scholarly sources.
6. **Evaluation**
   - Summarise reflective practice outcomes.
   - Identify insights on strengths, weaknesses, and future goals.
7. **Conclusion**
   - Reinforce the value of reflective practice.

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Reflective Questions & Prompts

- What skills did I demonstrate effectively during rehearsals?
- What specific challenges did I encounter, and why?
- How did feedback from peers/choreographers shape my practice?
- What insights emerged about my collaboration or creativity?
- How do industry trends affect my skill development?
- What future strategies can address identified challenges?

Proofing & Submission Checklist:

PEEL Method – Structuring Reflection:

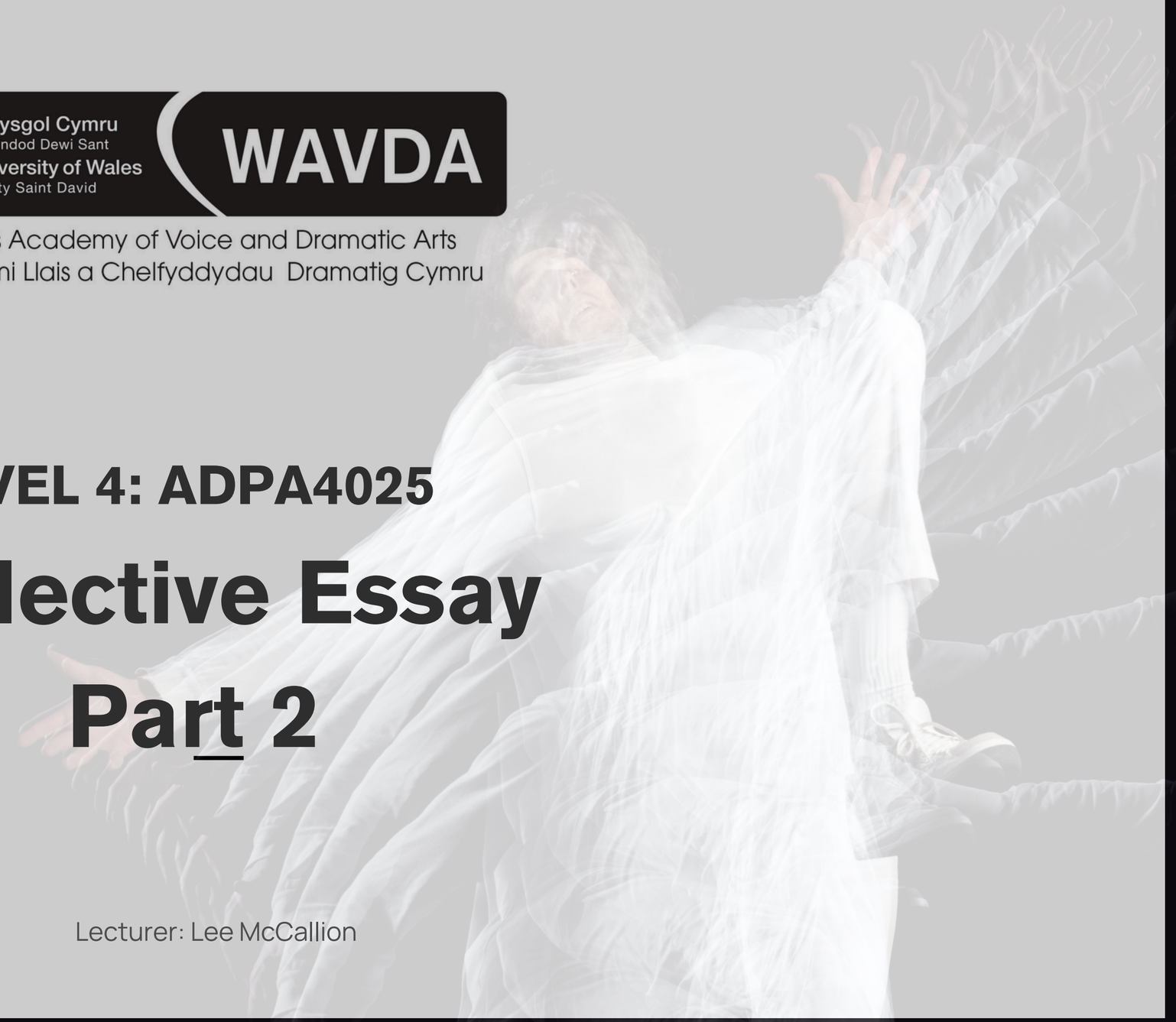
P – Point
E – Evidence
E – Evaluation
L – Link

- Arial or Times New Roman, 12 pt
- Line spacing: 2.0
- Header: Name, Module, Student No.
- Page numbers
- Include reference list & bibliography
- Proofread thoroughly before submission

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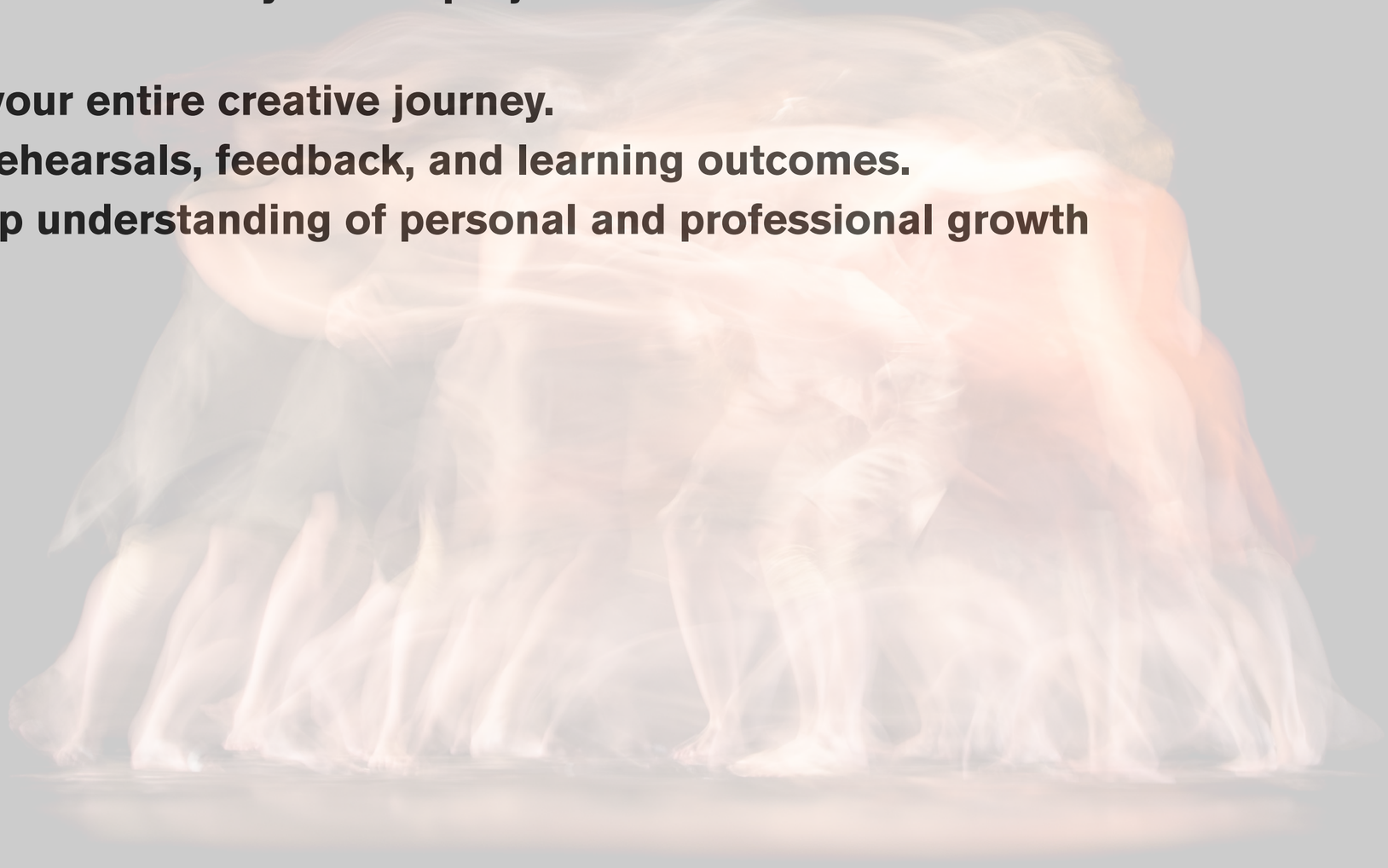
Reflective Essay Part 2

Lecturer: Lee McCallion

Final Reflection Focus

This section focuses on your full project reflection:

- Evaluate your entire creative journey.
- Connect rehearsals, feedback, and learning outcomes.
- Show deep understanding of personal and professional growth



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Building on Part 1

Part 1 set the foundation by:

- Identifying key rehearsal experiences.

- Applying a reflective model step-by-step.

- Analysing challenges and improvements.

In Part 2, deepen this by:

- Showing development over time.

- Highlighting how earlier insights shaped your final work

Industry Readiness

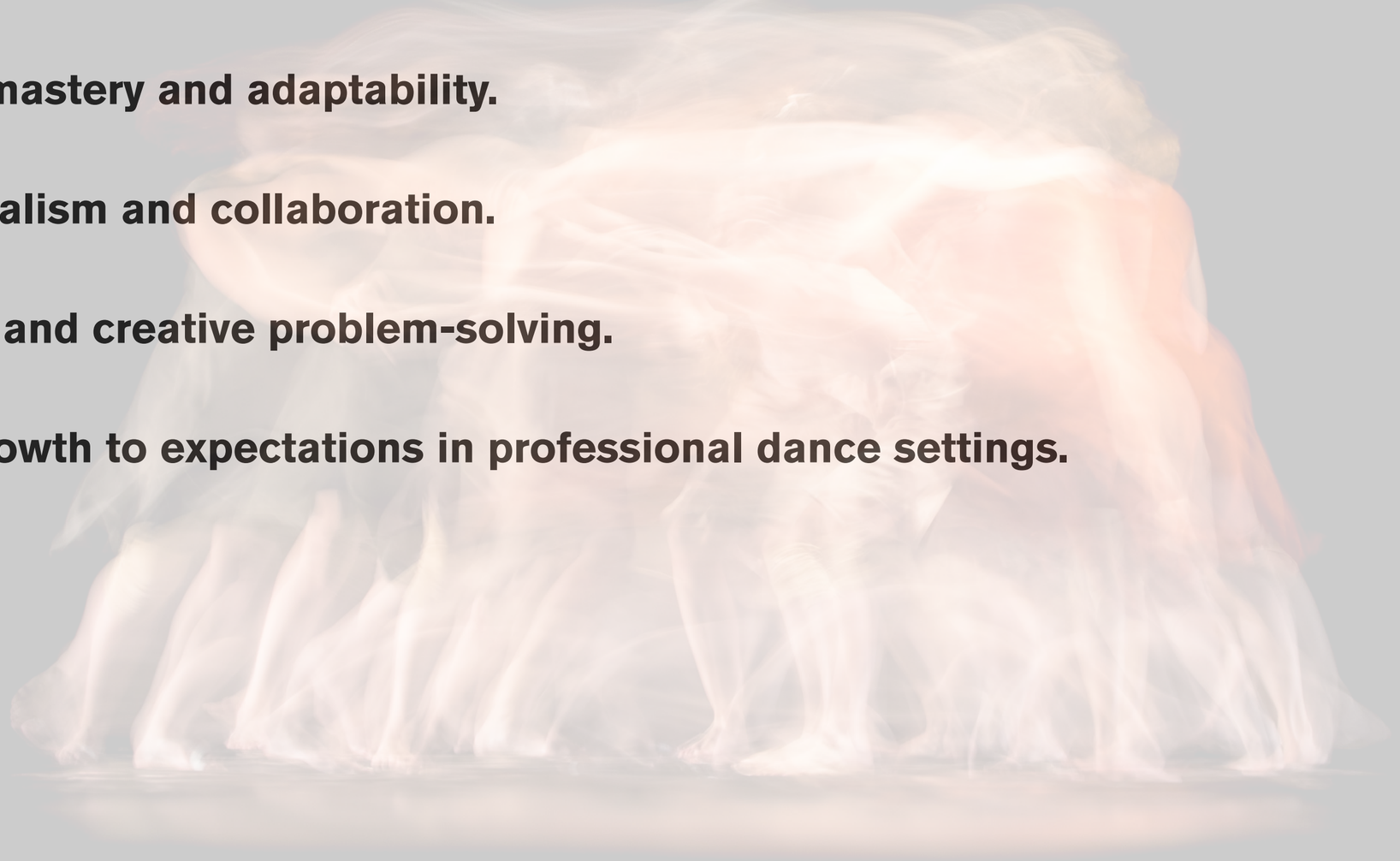
Reflection helps you align with industry standards:

- Technical mastery and adaptability.

- Professionalism and collaboration.

- Resilience and creative problem-solving.

Link your growth to expectations in professional dance settings.



Personal Growth Highlights

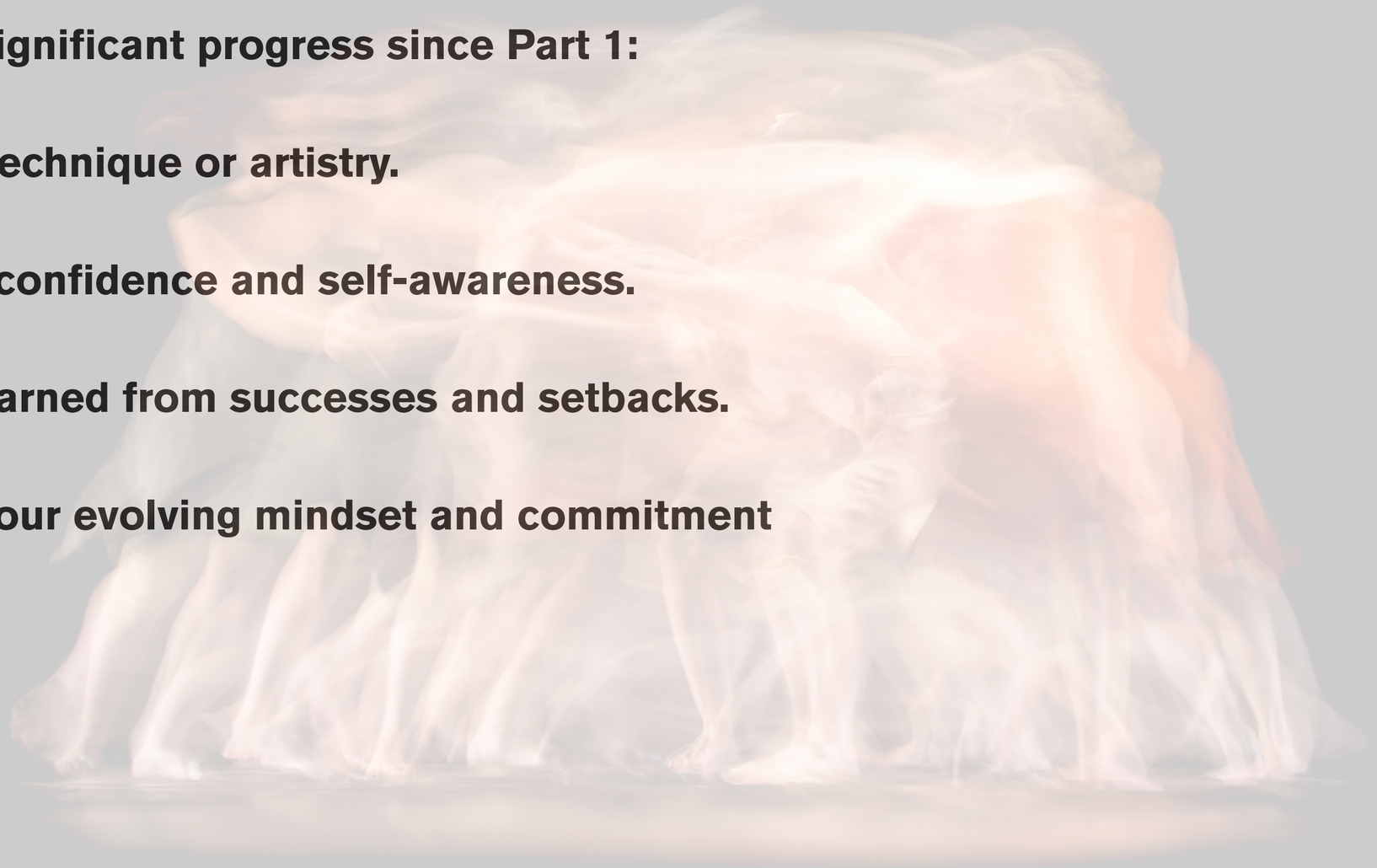
Reflect on significant progress since Part 1:

- Improved technique or artistry.

- Enhanced confidence and self-awareness.

- Lessons learned from successes and setbacks.

Showcase your evolving mindset and commitment



Long-Term Career Impact

Your reflective practice shapes your future by:

- Strengthening lifelong learning habits.

- Equipping you to adapt to evolving industry demands.

- Enhancing creative problem-solving and resilience.

Show how reflection prepares you for a sustainable, evolving dance career.

Advanced Reflection Example

Example Topic: Managing Performance Anxiety

- Use Schön's reflection to explore real-time adjustments and post-performance review.

- Link theory (Schön) to your personal journey.

- Address vulnerability and authenticity as part of artistic growth.

Aim for depth and critical analysis in your reflections.

Essay 2: Final Reflection Structure

1. **Introduction: Recap Part 1 & set focus.**
2. **Rationale: Why reflection matters & chosen model.**
3. **Background: Dance experience & industry context.**
4. **Main Body: Full project reflection using PEEL & your model.**
5. **Evaluation: Strengths, progress, remaining challenges.**
6. **Conclusion: Long-term learning & career outlook.**

Harvard Referencing

End of sentence: Reflection improved technique (Gibbs, 1988).

In-text: According to Gibbs (1988), reflection aids growth.

Quote: 'Reflection enhances artistry' (Smith, 2021, p. 45).

Reference List Example:

Gibbs, G. (1988) *Learning by Doing.* Oxford: Oxford Polytechnic.

Schön, D. (1983) *The Reflective Practitioner*. London: Temple Smith

Proofing & Submission Checklist

- Arial or Times New Roman, 12pt font

- Line spacing: 2.0

- Header: Name, Module, Student No.

- Page numbers on each page

- Reference list & bibliography included

- Proofread thoroughly before submission

- Submit via Turnitin on time

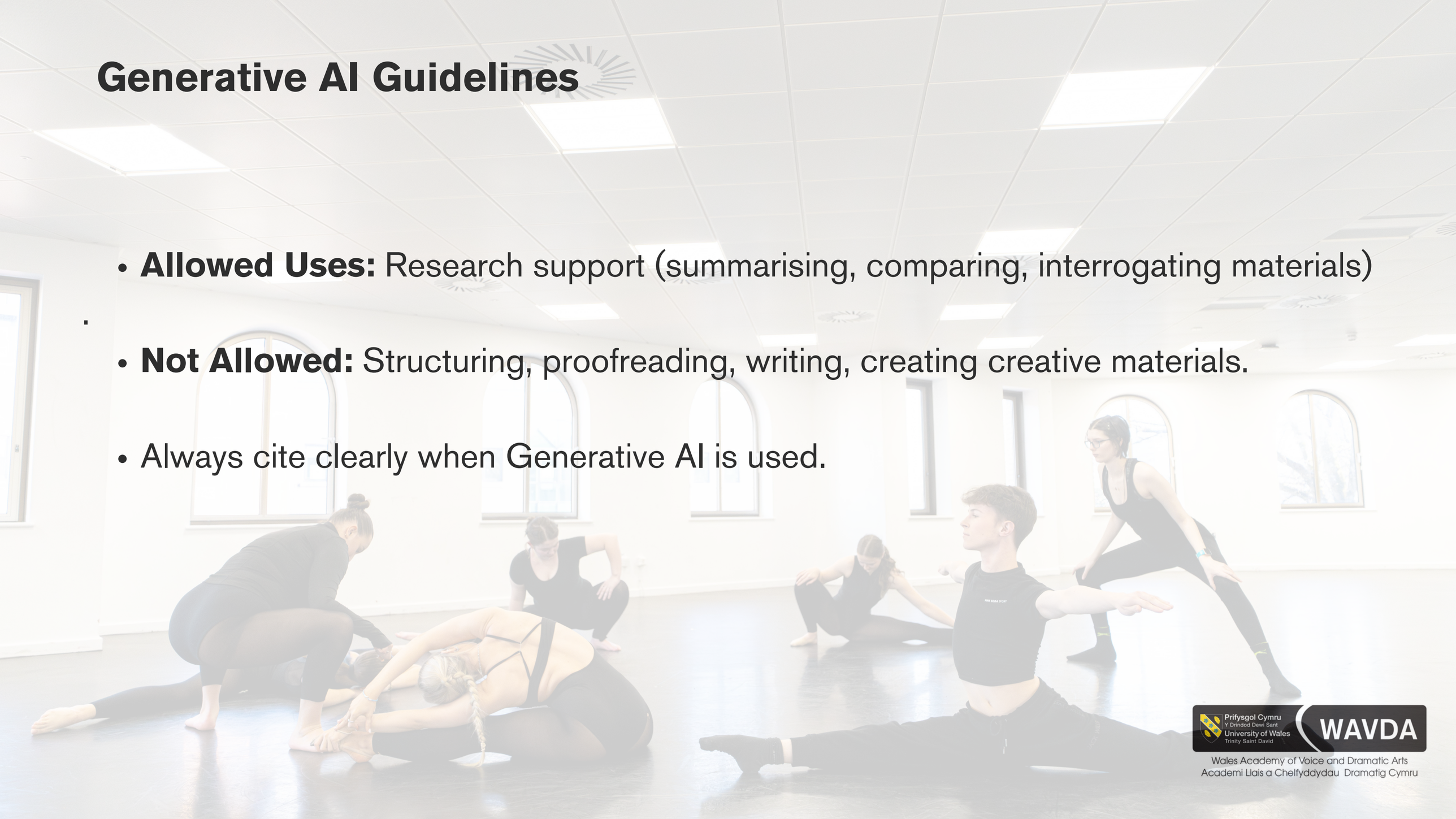
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Ensuring Academic Rigour in Reflection

- Introduce your reflective model clearly (e.g., Gibbs, Schön, Kolb).
- Support reflections with academic sources.
- Example: "Schön (1983) highlights reflective practice as a method for addressing challenges like performance anxiety."
- Maintain formal academic tone.
- Proofread rigorously and reference accurately.

Generative AI Guidelines

- **Allowed Uses:** Research support (summarising, comparing, interrogating materials)
- **Not Allowed:** Structuring, proofreading, writing, creating creative materials.
- Always cite clearly when Generative AI is used.



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Important Dates & Submission Details

- **Module Start Date:** Monday, 28th April 2025
- **Mid-Rehearsal Reflective Essay (750 words):** Monday, 12th May 2025
- **Performance Week:** Commencing Monday, 19th May 2025 (Shows on 24th May)
- **Final Reflective Essay Submission (750 words):** Wednesday, 28th May 2025
- **Submission Method:** Performance assessed practically; reflective essays submitted via Turnitin.
- **Late Submission Penalties:**
- Up to 1 week late submission: capped at 40%.
- Over 1 week late: recorded as non-submission (0%).

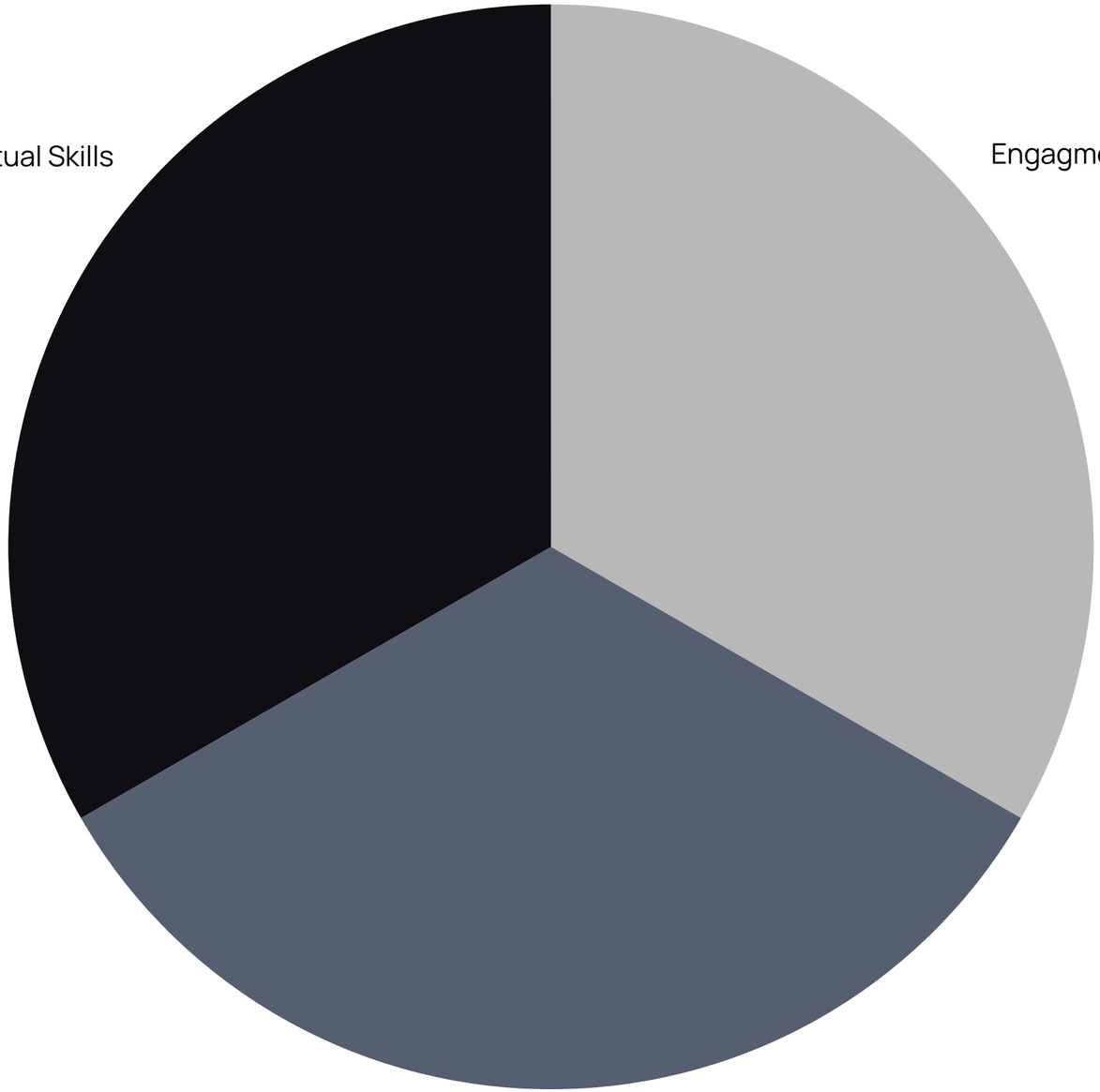
Further Support & Questions

- **Lecturer Contact:** Lee McCallion
- **Support:** Discuss concerns or special circumstances early.
- **Q&A Session:** Available now and throughout the module via email.

ASSESSMENT SPECIFICATION

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Written Work
30



Q&A

"Any questions? I’m here to support your journey through this project”.

l.mccallion@uwtsd.ac.uk

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