

What does it mean to write reflectively?

In order to begin writing reflectively, you need to understand what reflective writing is, and equally what it is not. Here are some characteristics of reflective writing.

Reflective writing is:

- Always written in the first person (I ...) with a focus on yourself
- Generally more personal than other forms of academic writing
- Helpful when you are asked to evaluate your experiences
- Focused on your experiences, thoughts, feelings and assumptions
- A form of self-supervision
- Honest and spontaneous
- Subjective
- A record of your thoughts and experiences that you can return to
- An investment of time.

Reflective writing is not:

- Simply a description of what happened
- Written in the third person with a focus on others
- Calculated
- Objective
- Something that can be rushed
- Simply about planning what you will do next time.

Reflective writing helps us to link our ideas together and discover meanings from the things we see and experience. Our understandings become broader and deeper as we question our approaches to people and circumstances. Like any other skill, reflective writing is one that will improve with practice. Indeed, reflection itself is a skill which also improves over time. As you progress, you will find that your learning will become deeper as a result of your investment of time in writing reflectively.