

Models for engaging in reflective practice.

The following are common models or frameworks that support the engagement of reflective practice in learning, professional development and personal growth. You are encouraged to explore these various models with experiences that you will have within your degree; such as placement experience, counselling skill, and reflection within your research. Please use the hyperlinks within this document too.

Kolb's Experiential Learning Cycle

"Kolb's Learning Cycle is based on the John Dewey's claim that learning must be grounded in experience, Kurt Lewin's ideas of the importance of active learning, and Jean Piaget's emphasis on the interaction between person and environment on intelligence". [Microsoft Word - David Kolb's Learning Cycle \(uiowa.edu\)](#)

Reflective Framework – Donald Schön (1987)

Schön's contribution was to bring '**reflection**' into the centre of an understanding of what learners and professional do. [Donald Schon \(Schön\): learning, reflection and change – infed.org:](#)



Gibbs Reflective Cycle (1988)

Gibbs' Reflective Cycle gives structure to learning from experiences. It offers a framework for examining experiences. [Gibbs' Reflective Cycle | The University of Edinburgh](#)

