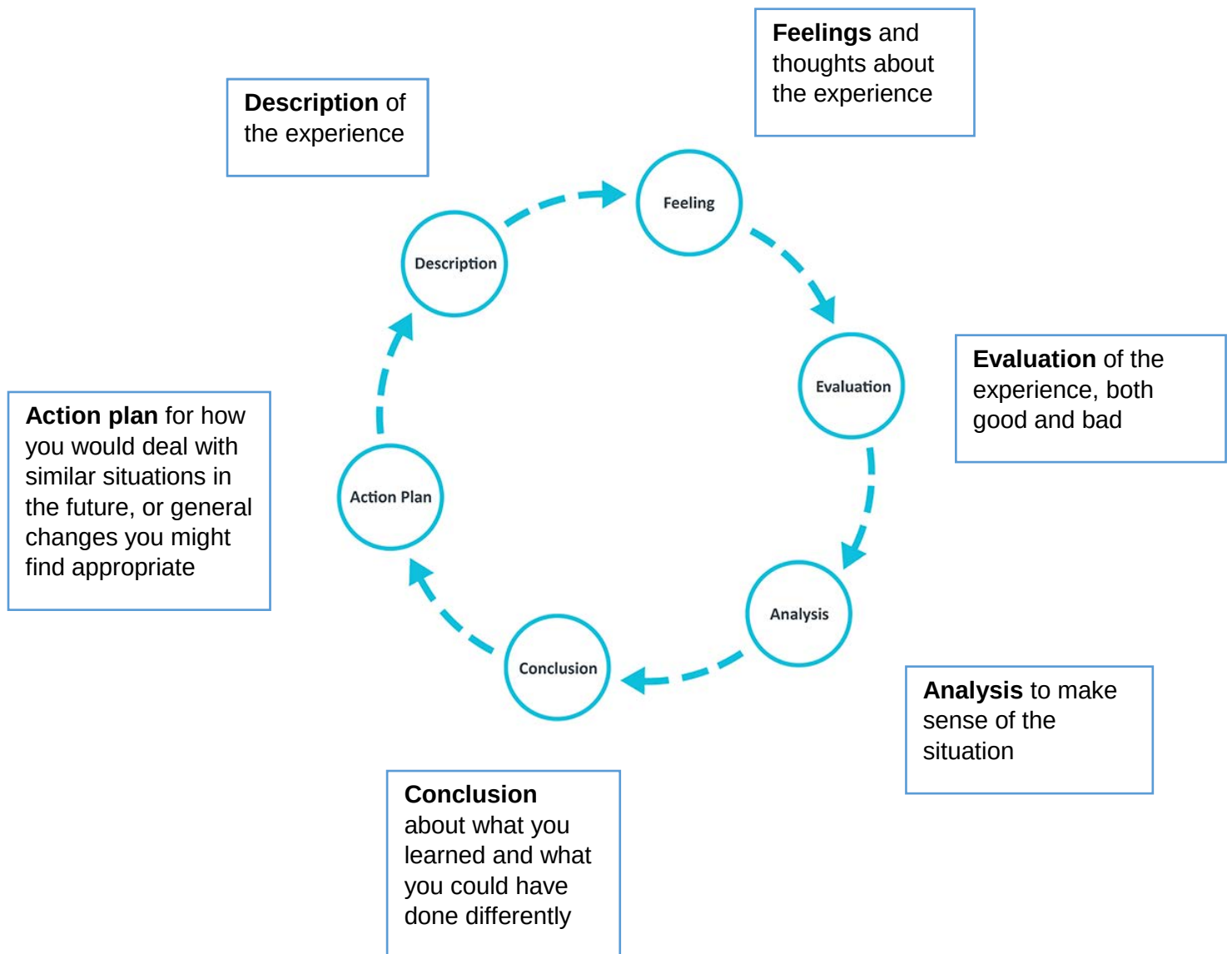


Reflective Cycles

1. Gibb's Reflective Cycle (Gibbs, 1988)

Six stages that are presented in a cyclic nature to allow you to learn and plan from things that either went well or didn't go well:



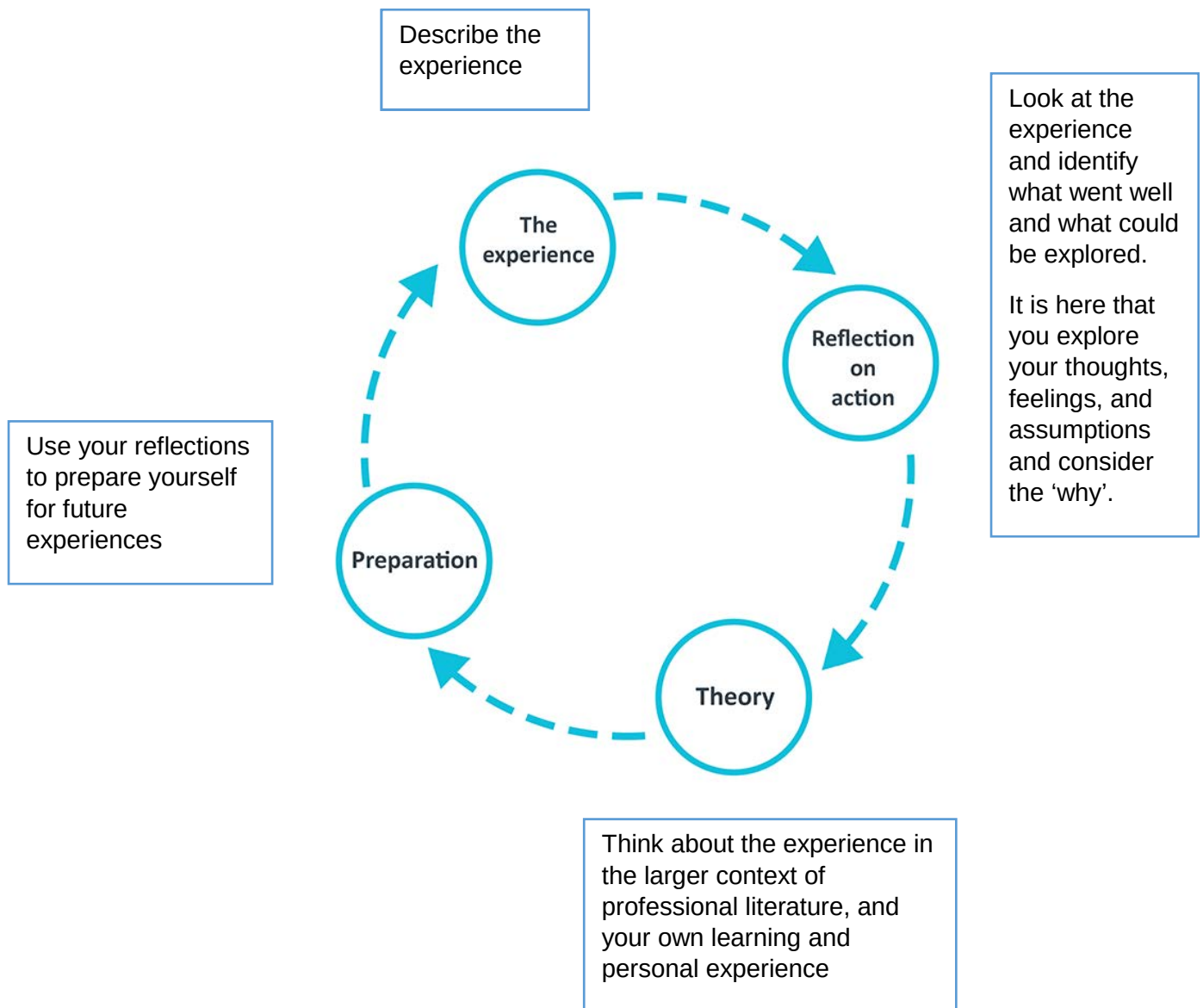
Gibbs, G. (1988). *Learning by Doing: A guide to teaching and learning methods*. Oxford : Oxford Polytechnic.

Questions to consider at each stage of Gibb's Reflective Cycle:

Description • What happened? • When and where did it happen? • Who was present? • What did you and the other people do? • What was the outcome of the situation? • Why were you there? • What did you want to happen?	Feelings • What were you feeling during the situation? • What were you feeling before and after the situation? • What do you think other people were feeling about the situation? • What do you think other people feel about the situation now? • What were you thinking during the situation? • What do you think about the situation now?
Evaluation • What was good and bad about the experience? • What went well? • What didn't go so well? • What did you and other people contribute to the situation (positively or negatively)?	Analysis • Why did things go well? • Why didn't it go well? • What sense can I make of the situation? • What knowledge – my own or others (for example academic literature) can help me understand the situation?
Conclusions • What did I learn from this situation? • How could this have been a more positive situation for everyone involved? • What skills do I need to develop for me to handle a situation like this better? • What else could I have done?	Action Plan • If I had to do the same thing again, what would I do differently? • How will I develop the required skills I need? • How can I make sure that I can act differently next time?

2. The Integrated Reflective Cycle (Bassot, 2013)

This model was inspired by Gibbs' reflective cycle and shares some of its characteristics. This reflective cycle contains four stages making it a simpler, and shorter, process whilst still allowing the exploration of feelings, assumptions, and your own professional practice.



Bassot, B. (2013). *The Reflective Journal*. Basingstoke: Palgrave

Questions to consider at each stage of the Integrated Reflective Cycle:

The Experience • What happened? • What were the contributing factors? • Who else was there? • What did I/others do?	Reflection on Action • What was I trying to achieve? • Why did I act as I did? • What assumptions did I make? • What were the consequences for me and the other people involved? • How did I feel? • How did the other people feel and how could I tell?
Theory • What has this experience contributed to my professional or theoretical knowledge? • What have I learned that I can apply to a similar situation in the future? • What have I learned in general?	Preparation • What will I do next time in a similar situation? • How could I do better next time? • What will I now consider for next time? • What other strategies could I adopt to move forward?