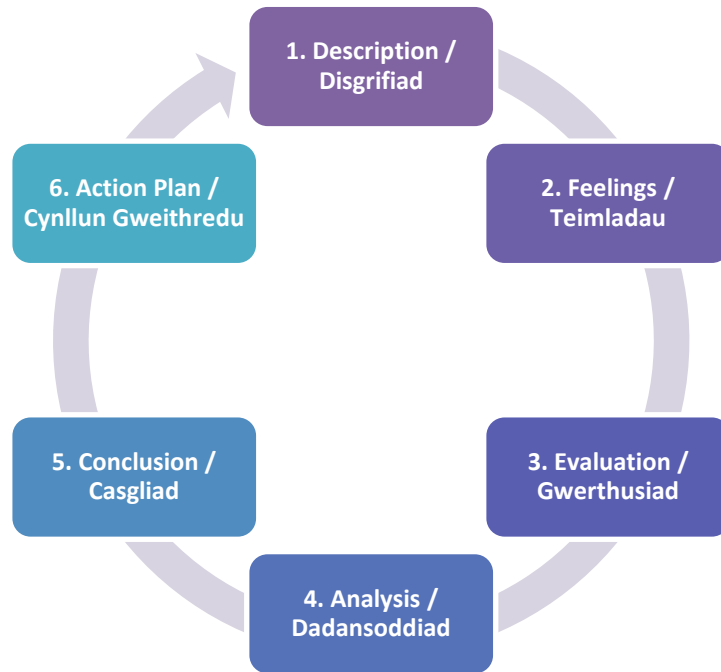


ECGE6001Q: Gibbs' Reflective Model/Model Adfyfyriol Gibb



Cyfnod	Beth i'w gynnwys
1. Description / Disgrifiad	A description of the events/what happened / Disgrifiad o'r digwyddiadau/beth ddigwyddodd
2. Feelings / Teimladau	What were you thinking and feeling?/ Beth oeddech chi'n ei feddwl a'i deimlo?
3. Evaluation / Gwerthusiad	What was good and bad about the experience?/ Beth oedd yn dda ac yn wael am y profiad?
4. Analysis / Dadansoddiad	What sense can you make of the situation?/ Pa synnwyr allwch chi ei wneud o'r sefyllfa?
5. Conclusion / Casgliad	What else could you have done?/ Beth arall allech chi fod wedi'i wneud?
6. Action Plan / Cynllun Gweithredu	If the situation arose again what would you do differently?/ Pe bai'r sefyllfa'n codi eto beth fydddech chi'n ei wneud yn wahanol?

N.B. In terms of academic reflection you should seek to apply theory to your reflection. This is known as 'theorising practice' in that your reflection is not only descriptive but uses sociological, psychological or other theories to help you to understand the event and your reactions to it.

D.S. O ran adfyfyrio academiaidd fe ddylech geisio cymhwyso theori i'ch adfyfyrio. Gelwir hyn yn 'arfer damcaniaethu' oherwydd nid yn unig y mae eich adfyfyrio'n ddisgrifiadol ond mae'n defnyddio damcaniaethau cymdeithasegol, seicolegol neu eraill i'ch helpu i ddeall y digwyddid a'ch ymatebion iddo.