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LEARNING IN THE DIGITAL ERA

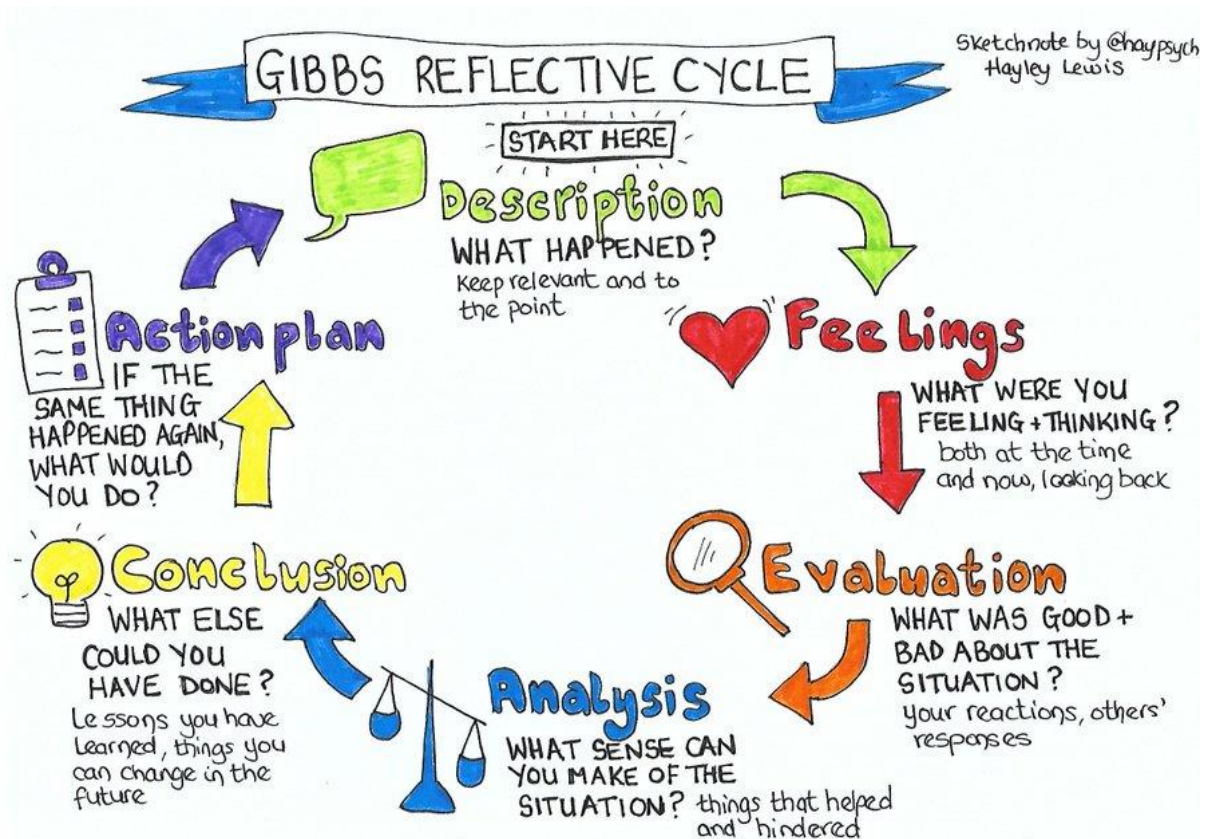
REFLECTION

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Gibbs Reflective Cycle

Having experience is not enough for learning. It would be easy for this experience to disappear without reflection or lose its learning potential. Throughout the journey of reflection, feelings and thoughts emerge that can be generalised or conceptualized. This type of generalization makes it possible to deal with new situations effectively [1].



This sketch was posted by Dr Hayley Lewis on twitter who is a Chartered Psychologist [2,3].

For each of the stages of the model a number of helpful questions are outlined below. You don't have to answer all of them, but they can guide you about what sort of things make sense to include in that stage. You might have other prompts that work better for you.

Description

Here you have a chance to describe the situation in detail. The main points to include here concern what happened. Your feelings and conclusions will come later.

Helpful questions:

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?

Few weeks ago, I had my daughter's first birthday. My wife and I invited 15 of our close family and friends. So naturally my wife and I divided the work for the party. We decided that my wife will do the chores outside the house, and I will prepare the food and help with the decoration. We hosted the party in our house.

Feelings

Here you can explore any feelings or thoughts that you had during the experience and how they may have impacted the experience.

Helpful questions:

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?

It was an amazing feeling that we were having as parents that I cannot possibly describe in words. It was our daughter's first birthday. But as we were approaching the event we started panicking. The arrangements were not perfect but everybody that came to the party gave us compliments and gifts for our daughter. Midway through the party my wife suggested that we do not worry any more and just relax and enjoy our daughter's first birthday. After that most of the things went smoothly and everybody went happy.



Family gathering and celebration [4].

Evaluation

Here you have a chance to evaluate what worked and what didn't work in the situation. Try to be as objective and honest as possible. To get the most out of your reflection focus on both the positive and the negative aspects of the situation, even if it was primarily one or the other.

Helpful questions:

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)?

The overall experience of the party was good and everybody left happy and satisfied. We were also happy that our friends came to celebrate this special day with us. Though the event did not go without any problem. One of our friend's wife was vegan and I did not know about it. She completely forgot to tell us beforehand. So my wife had to order food from a restaurant for her. At the time of serving food I realised that the meat was not cooked properly so I had to cook it for another 15 minutes which delayed the dinner. My sister helped me set the table quickly. Also, we ran out of drinks in the middle of the party. I was going to get some from the shop but my brother offered to go get it. At the end of the day the party was a success and everybody gave us lot of good feedback.

Analysis

The analysis step is where you have a chance to make sense of what happened. Up until now you have focused on details around what happened in the situation. Now you have a chance to extract meaning from it. You want to target the different aspects that went well or poorly and ask yourself why. If you are looking to include academic literature, this is the natural place to include it.

Helpful questions:

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?

Now that I am reflecting on the party I could have done a few things differently to make the event go a lot better. My wife and I were planning this event for about two weeks. Though most of the things went alright but we made a few errors. When we were inviting people instead of doing it verbally we could have sent an invitation email asking them to confirm and let us know if there were any dietary restrictions. I could have checked cooking times with a timer so that the food wasn't undercooked or overcooked. I have realised that when throwing a party always stock extra snacks and drinks.

However now that I think of it I have realised that the time we spend with friends and family is much more important than food and decoration. When we were planning the party we focused on food and decoration even during the party. I should have spent more time speaking and enjoying the party with my friends and family.

Conclusions

In this section you can make conclusions about what happened. This is where you summarise your learning and highlight what changes to your actions could improve the outcome in the future. It should be a natural response to the previous sections.

Helpful questions:

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?

After hosting the event my wife and I felt great and confident that we can throw another party with fewer mistakes. When we were planning the party, better time management and organizational skills would certainly have made our work much easier. We have understood that it is sometimes okay to make mistakes. We can learn from our mistakes and make the next experience much better.

Action plan

At this step you plan for what you would do differently in a similar or related situation in the future. It can also be extremely helpful to think about how you will help yourself to act differently – such that you don't only plan what you will do differently, but also how you will make sure it happens. Sometimes just the realisation is enough, but other times reminders might be helpful.

Helpful questions:

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?

I will build on this experience and learn from my mistakes so that when I am hosting another event it goes much better. I believe that it helps a lot from asking for advices from a more experienced individual. If I am trying something new for the event I should try it the night before so that everything goes smoothly in the actual event. There is nothing to be ashamed of if we ask for help or advice when we need it.

References

[1] Gibbs G (1988). Learning by Doing: A guide to teaching and learning methods. Further Education Unit. Oxford Polytechnic: Oxford.

[2] Lewis, D.H. (2021) *Sketchnote Monday* 🎨 *Gibbs reflective cycle is a useful framework for helping us to reflect on and learn from experiences. it's particularly helpful for repeated experiences and can be used by individuals or for team reflection.#learning #sketchnote pic.twitter.com/pzs1ytxhey, Twitter. Available at: <https://twitter.com/Haypsych/status/1417122070731837440> (Accessed: March 31, 2023).*

[3] *Twitter. Available at: <https://twitter.com/Haypsych> (Accessed: March 31, 2023).*

[4] *Family gathering and celebration, Ah Yii 's 4th birthday with Tie Dye T – Shirt Party! family gathering and celebration. Available at: <https://greentomatocafe.com.my/ah-yii-s-4th-birthday-with-tie-dye-t-shirt-party-family-gathering-and-celebration/> (Accessed: March 31, 2023).*