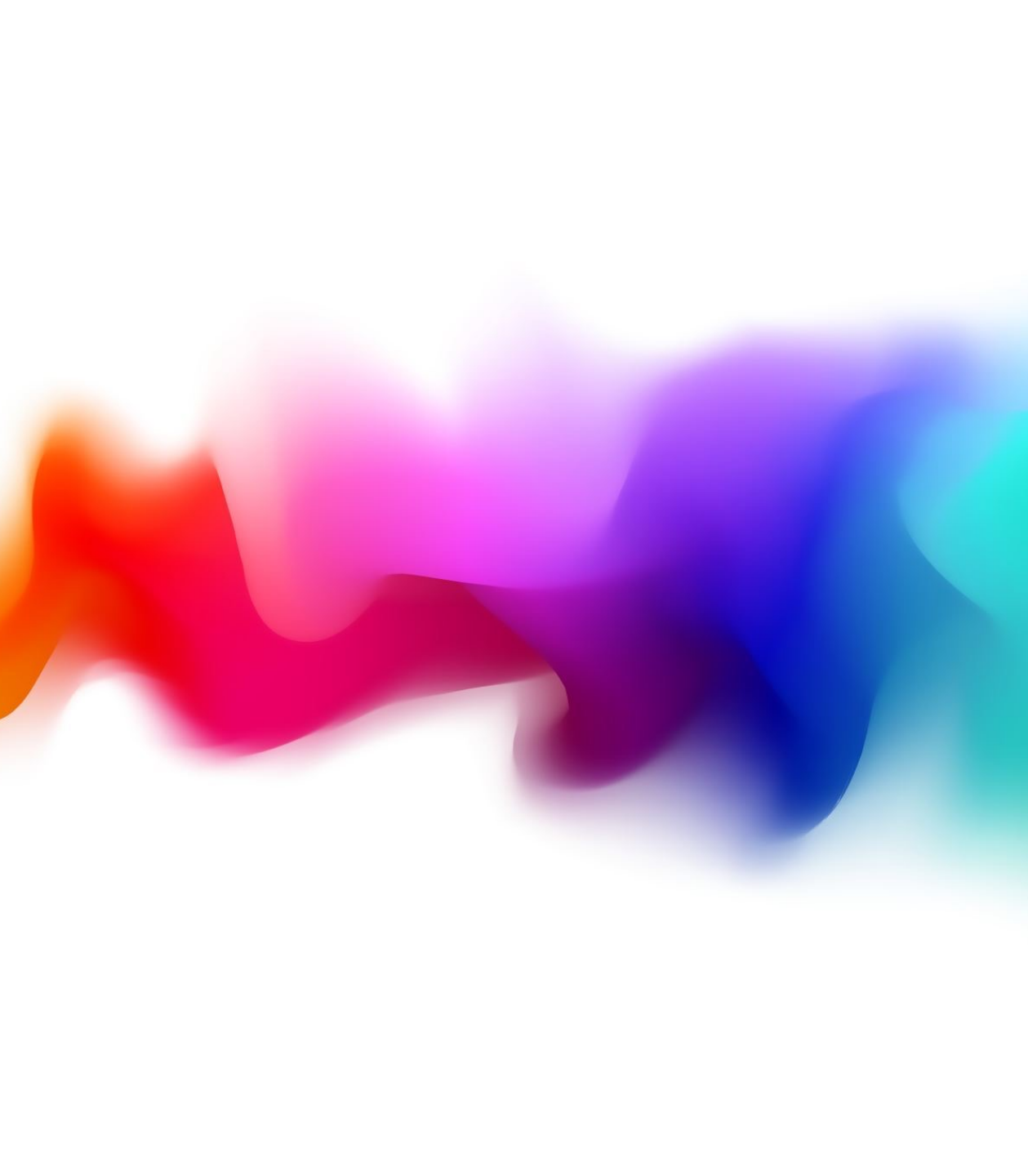


Reflective Writing

By Rosario Mawby





"Reflective practice is the ability to reflect on one's actions so as to engage in a process of continuous learning"

Donald Schon

Jasper's Reflective Cycle



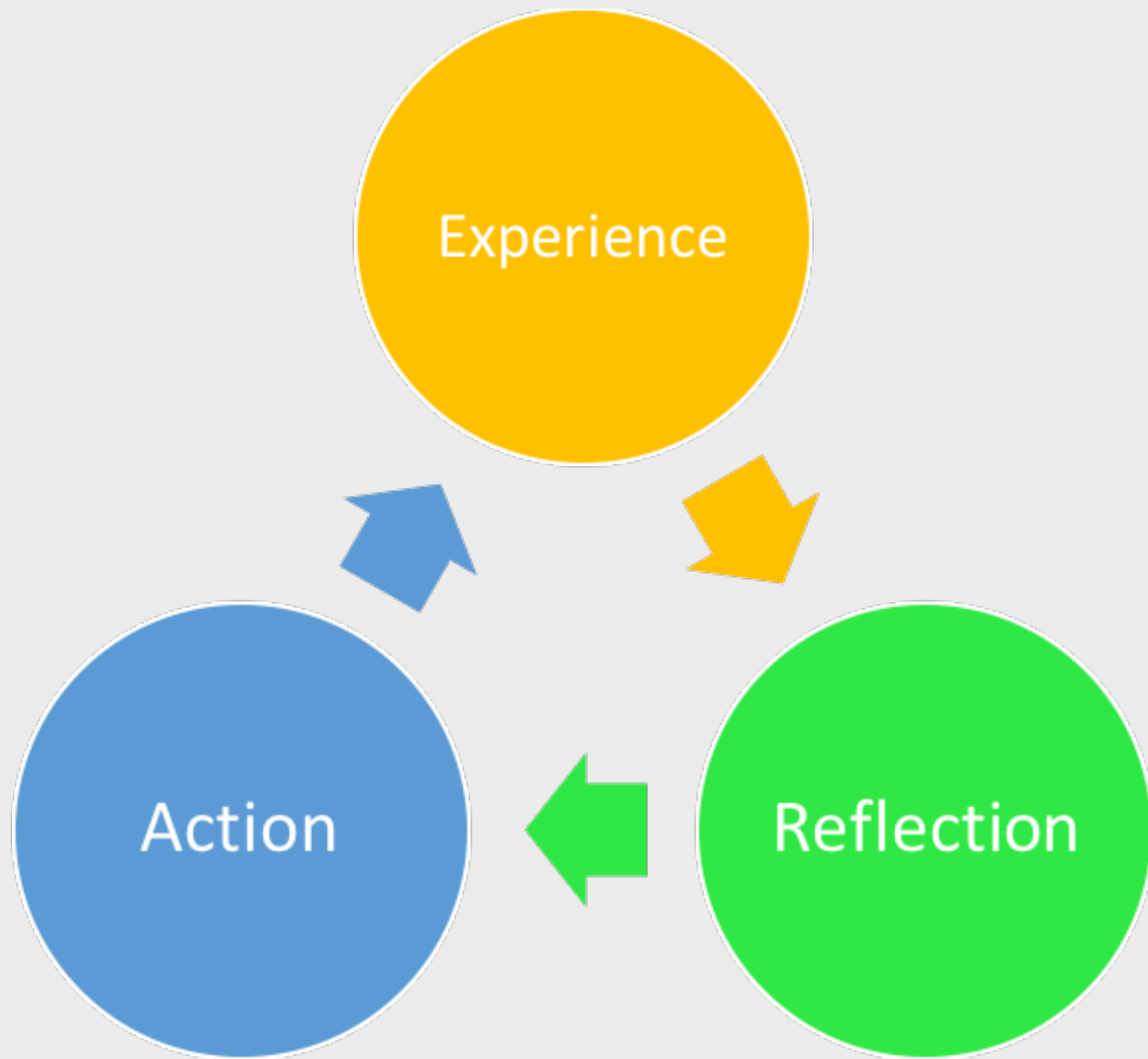
Experience



Reflection



Action



Driscoll's Reflective Cycle



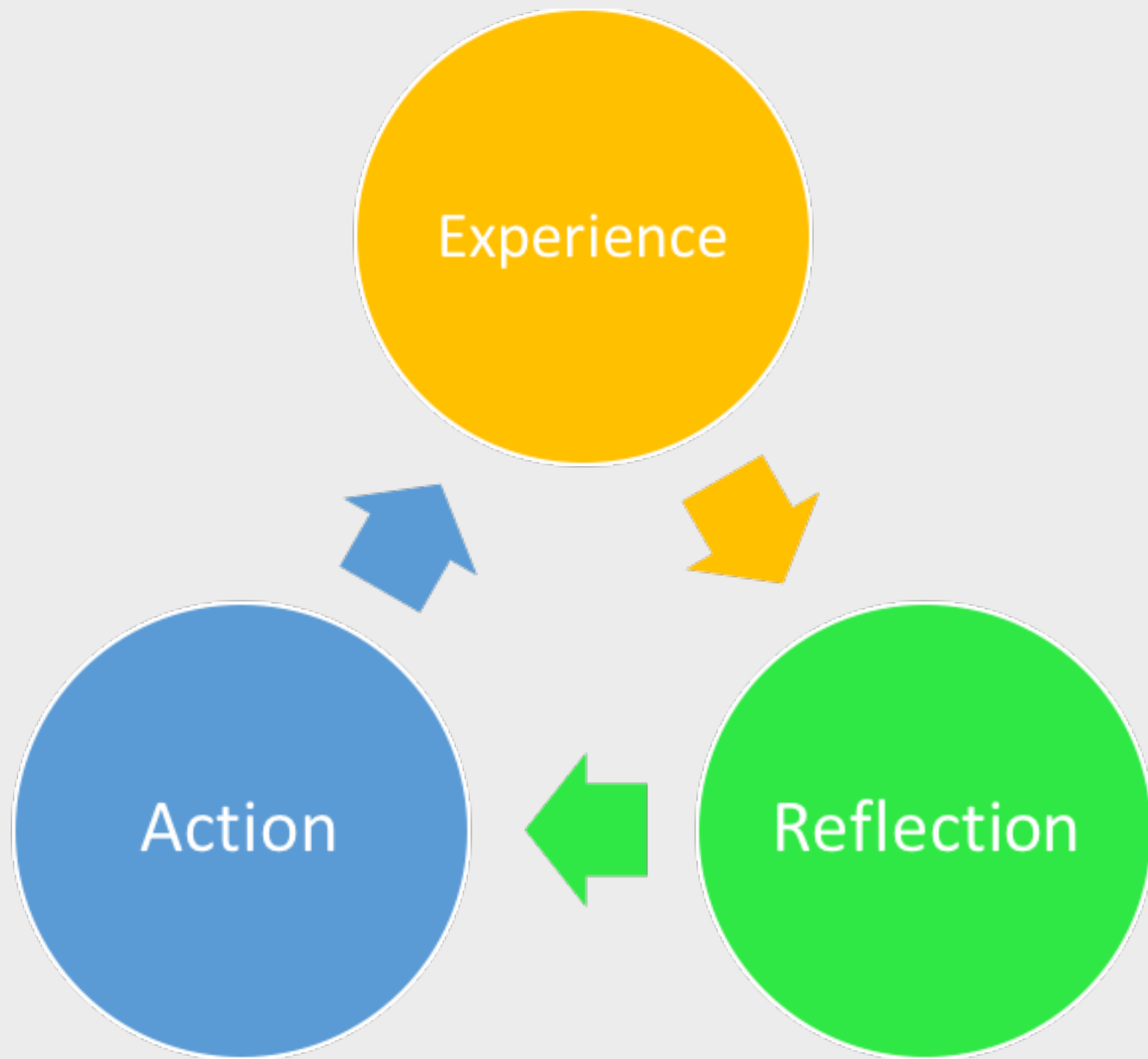
What?



So what?



Now what?



Kolb's Reflective Cycle



Concrete Experience



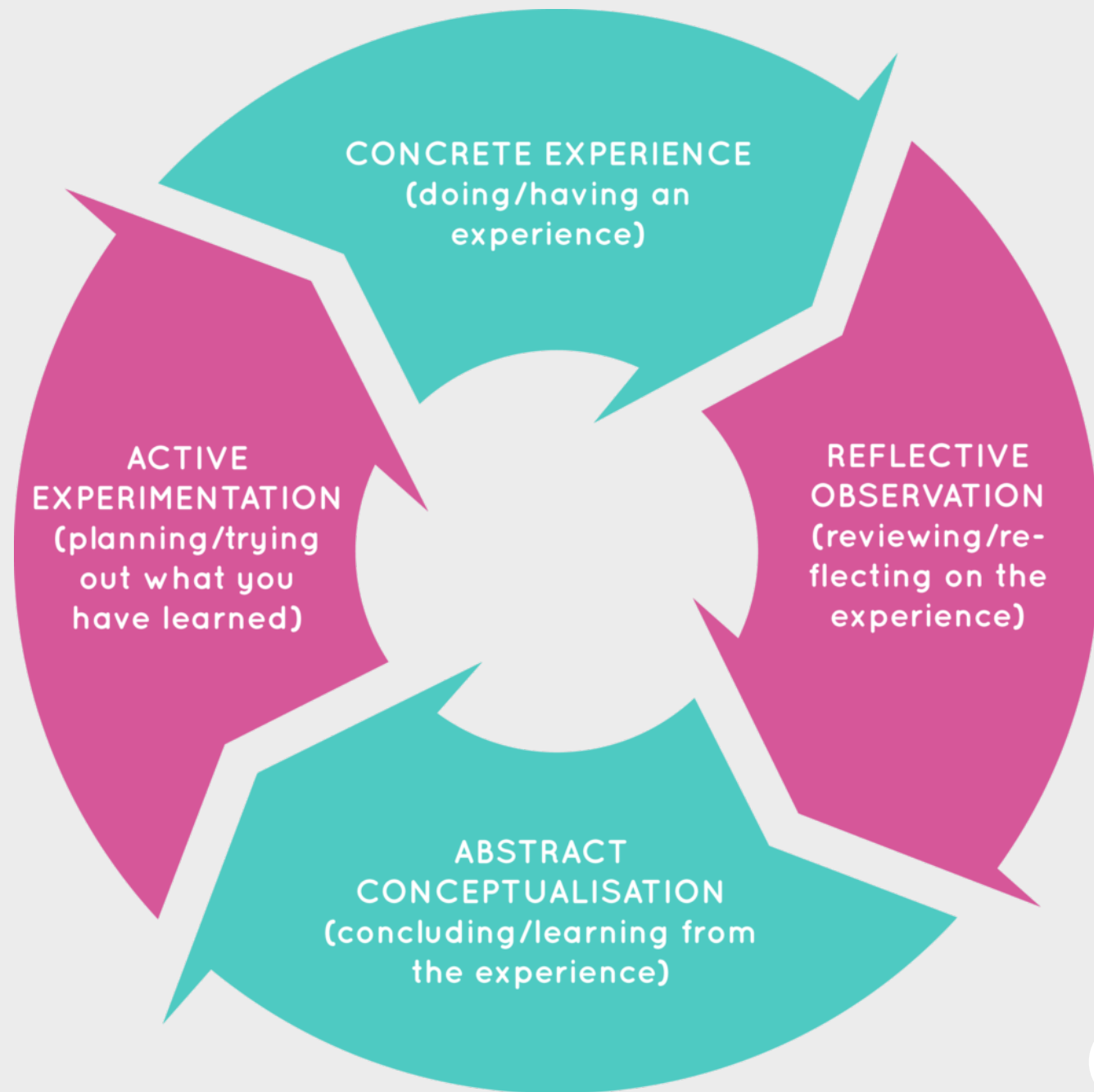
Reflective Observation



Abstract



Active Experimentation



Gibb's Reflective Cycle



Description



Feelings



Evaluation



Analysis



Conclusion



Action Plan





Free writing reflection – (exercise from Cambridge University)

At the end of ten minutes look back at
how much you have written. Are you
surprised with the amount?





Free writing reflection – (exercise from Cambridge University)

Choose one of the surrounding images. Don't worry about your sentence structure, grammar or spelling and don't review anything.

Question prompts:

- What could be happening?
- Why is this happening?
- What is going on around them?
- What might happen next?

Or simply write what comes to mind.





Reflective writing exercise – (from Cambridge University)

Think about an experience that you could learn from. It doesn't matter if it went well or if it went badly.



Reflective writing exercise – (from Cambridge University)

Use the prompts below:

Looking back at an experience, reflect on:

- Your expectations before the experience
- How you approached it
- Which parts you found easy/hard

Think about what you learned as a result:

- How did your knowledge and understanding change?
- What would you do differently if faced with a similar situation?

Consider how you might use your learning in the future:

- How might you put into practice what you have learnt?
- What challenges might you face?
- How would you deal with these?