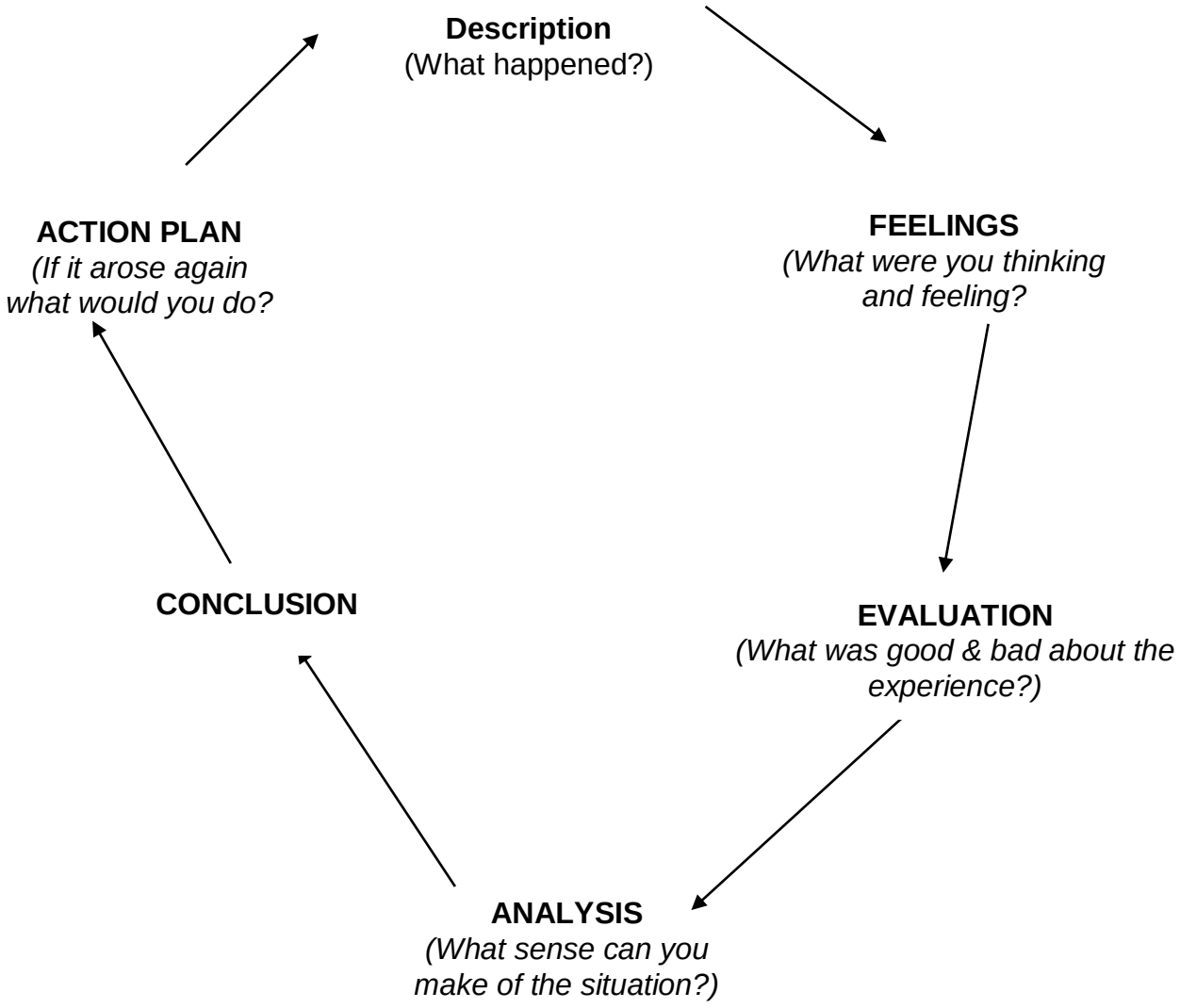
In class reflective exercise for Professional Career Development

STAGE 1 - DESCRIPTION OF THE EVENT *(What happened?)*
STAGE 2 - FEELINGS *(What were you thinking & feeling?)*
STAGE 3 - EVALUATION *(What was good and bad about the experience?)*
STAGE 4 - ANALYSIS *(What sense can you make of the situation?)*
STAGE 5 - CONCLUSION
STAGE 6 - ACTION PLAN *(If it arose again what would you do?)*
Name : Student number: Date:

GIBBS REFLECTIVE CYCLE



(Gibbs1998)

Stage 1 - Description of the Event

Describe in detail the event you are reflecting on.
Include for example:

- where were you?
- why were you there?
- what was the context of the lecture?
- what happened?
- what was your part in this?
- what did you achieve/learn?

Stage 2 - Feelings

At this stage try to recall and explore the things that were going on inside you head i.e. why does this event stick in your mind?
Include for example:

- how you did you feel during the class?
- what you were thinking about at the time?
- how did the experience make you feel?
- how did the lecturer made you feel?
- how did you feel about the outcome of the class?
- what do you think about it now?

Stage 3 - Evaluation

Try to evaluate or make a judgement about what has happened. Consider what was good about the experience and what was bad about the experience or didn't go so well.
Include for example:

- what went well?
- what did you do well?
- What did you not do well?
- what went wrong or did not turn out how you believe it should have done?

Stage 4 - Analysis

Break the event down into its component parts so they can be explored separately. You may need to ask more detailed questions about the answers to the last stage. Include for example:

- why did things go well/badly?
- what might have helped or improved things?
- Could you have responded in a different way?

Stage 5 - Conclusion

This differs from the evaluation stage in that now you have explored the issue from different angles and have a lot of information on which to base your judgement. It is here that you are likely to develop insight into your own and other people's behaviour in terms of how they contributed to the outcome of the event. Remember the purpose of reflection is to learn from an experience. Without detailed analysis and honest exploration that occurs during all the previous stages, it is unlikely that all aspects of the event will be taken into account and therefore valuable opportunities for learning can be missed. During this stage you should ask yourself what you could have done differently.

Stage 6 - Action Plan

During this stage you should think yourself forward into encountering the event again and to plan what you would do - would you act differently or would you be likely to do the same?

Notes: