

Suggested Reflective Essay Structure

1. **Introduction** 10%

- Purpose of your reflective essay.
- Importance of understanding your role and skills within your project.

2. **Background Information Main Body**

- Your previous experiences and current skill set.
- Clearly identify areas needing development.

3. **Industry Knowledge Main Body**

- Provide context on commercial dance performance/Documentary etc
- Discuss the relevance of your skills.

4. **Reflective Practice Main Body**

- Choose and explain a reflective model (Gibbs, Schön, Rolfe). See videos on Moodle that explain Models and how could you relate them to your reflection practice.
- Outline the reflection steps clearly of a model.

5. **Your Reflections Main Body**

- Describe specific rehearsal experiences/shoot experiences or the process.
- Link these clearly to reflective models and scholarly sources.

6. **Evaluation Main Body**

- Summarise reflective practice outcomes.
- Identify insights on strengths, weaknesses, and future goals.

7. **Conclusion** 10%

- Reinforce the value of reflective practice.

Reflective Questions & Prompts

- What skills did I demonstrate effectively during rehearsals or the process of producing Doc?
- What specific challenges did I encounter, and why?
- How did feedback from peers/choreographers shape my practice?
- What insights emerged about my collaboration or creativity?
- How do industry trends affect my skill development?
- What future strategies can address identified challenges?

Ensuring Academic Rigour in Reflection

- Introduce your reflective model clearly (e.g., Gibbs, Schön, Kolb).
- Support reflections with academic sources.
- Example: "Schön (1983) highlights reflective practice as a method for addressing challenges like performance anxiety."
- Maintain formal academic tone.
- Proofread rigorously and reference accurately.