



Reflective Writing

Aim

- Establish what reflective writing is.

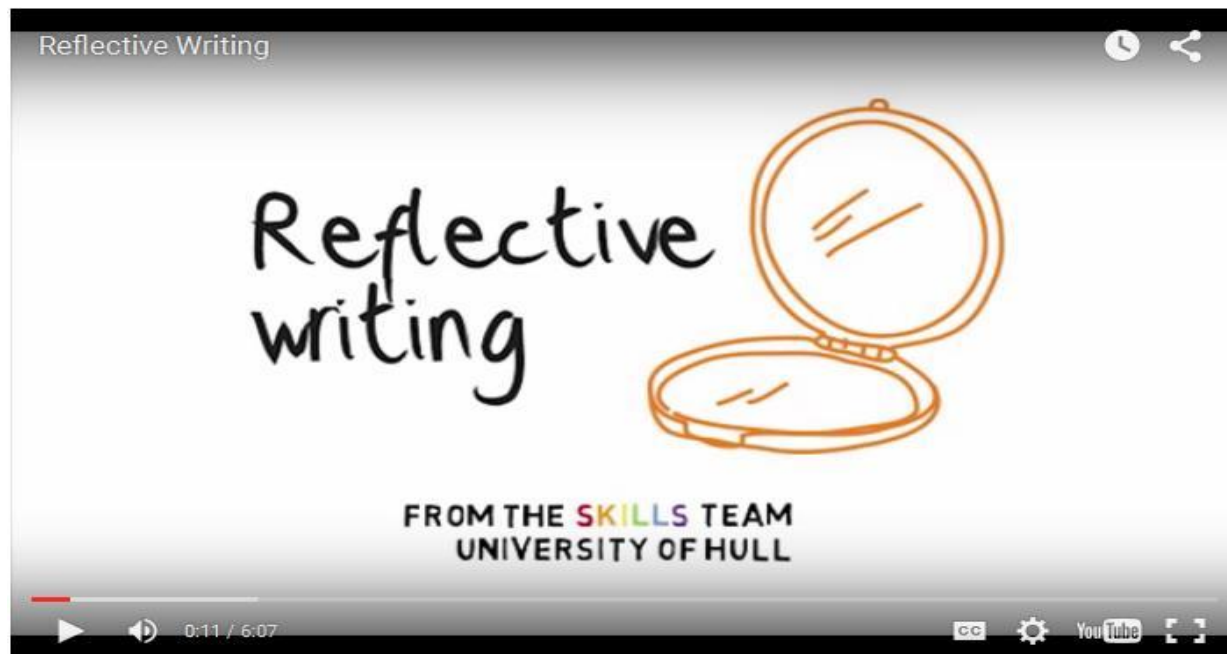
Learning Outcomes

By the end of this lesson you should be able to;

- Identify why we use reflective writing.
- Highlight the benefits of using reflective writing.
- Pinpoint what reflection means to you.
- Identify models of reflection.

What is Reflective Writing?

<https://www.youtube.com/watch?v=QoI67VeE3ds>



Why do we write reflectively?

- Reflective writing is believed to be fundamental within higher education.
- Students who fully understand the reflection process, are able to use reflective strategies to improve their academic experience (Smith and Jack, 2005)
- Reflection is an important stage of effective learning, and these days reflection is seen as an integral part of Continuing Professional Development (CPD)

What are the benefits of using Reflective Writing?

- The process of reflective writing leads to more than just a gain in your knowledge, it should also challenge how you make sense of that knowledge.
- When you reflect on a situation you do not simply see more, you see differently.
- This different way of viewing a situation is reflected in statements about a commitment to action. Action is the final stage of reflection (Cress et al, 2013).

**What
does
Reflection
mean to
you?**





Models of Reflection

- Learning through reflection has the desired affect when there is an understanding of frameworks that encourage a structural process to guide the act of reflection (Cress et al, 2013).
- Models help you to engage in the process of reflection.
- There is no right one.
- It is important you choose the framework that feels most comfortable for you and best assists you in learning from your experiences.

Models of Reflection

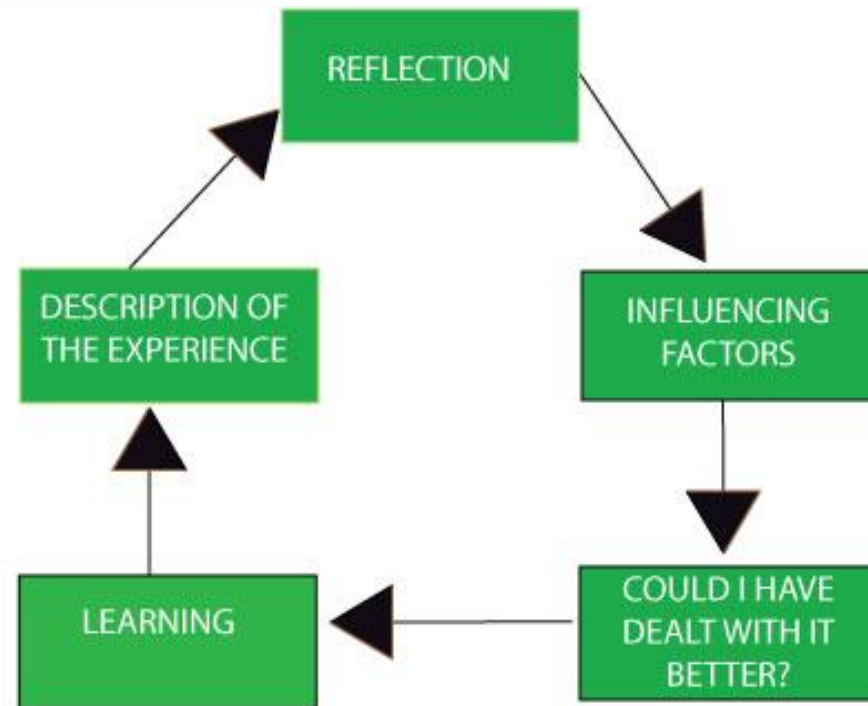
KOLB's Learning Cycle.

For learning to be effective, KOLB (1984) proposed that learners must pass through four distinct stages...



Johns Model of Reflection

John's Model of Reflection



Johns Reflective Model

- Johns model is based on five key questions which enable you to break down your experience and reflect on the process and outcomes (John, 1995).

Choosing a suitable reflective model

- Selecting a model of reflection that you feel is suitable to your style of writing is a personal preference.

Activity:

- In groups of two, students will describe an experience that they have had using a model of reflection.
- The model of reflection can be their own personal preference.
- Johns model of reflection is considered to be the easiest to use.



Kahoot Activity

<https://create.kahoot.it/kahoots/my-kahoots>

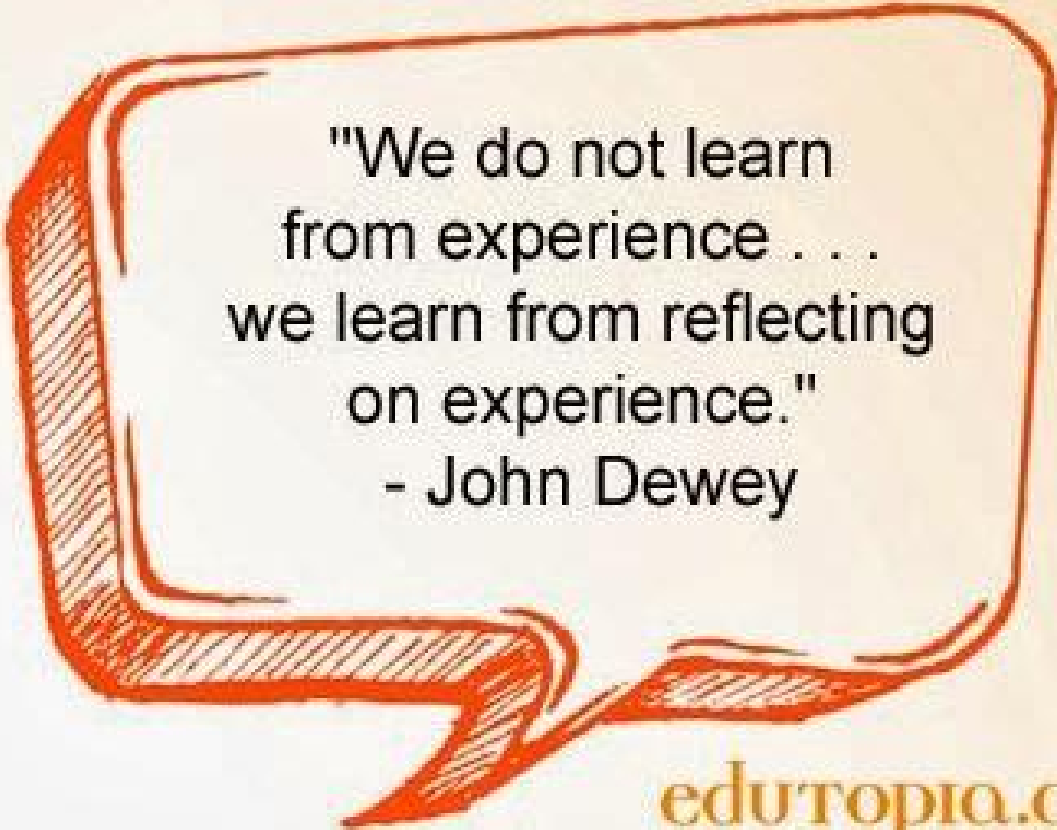
- Students are able to:
- Identify why we use reflective writing.
- Highlight the benefits of using reflective writing.
- Pinpoint what reflection means to you.
- Identify models of reflection.

Summarise

References

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Quote



"We do not learn
from experience . . .
we learn from reflecting
on experience."
- John Dewey

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