



GIBB'S REFLECTIVE CYCLE

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INTRODUCTION - WHAT IS GIBBS' REFLECTIVE CYCLE?

- Gibbs' Reflective Cycle is a model that helps people think about what they have done and learn from it.
- It was created by Graham Gibbs in 1988. The model is used in jobs like UK policing to help officers improve their behaviour and decision-making. Reflection helps police officers understand their actions. (Jasper, 2021) (College of Policing, 2023).
- Think of Gibbs' Reflective Cycle like looking back at something you have done so you can do it better next time. It's a great way of learning.



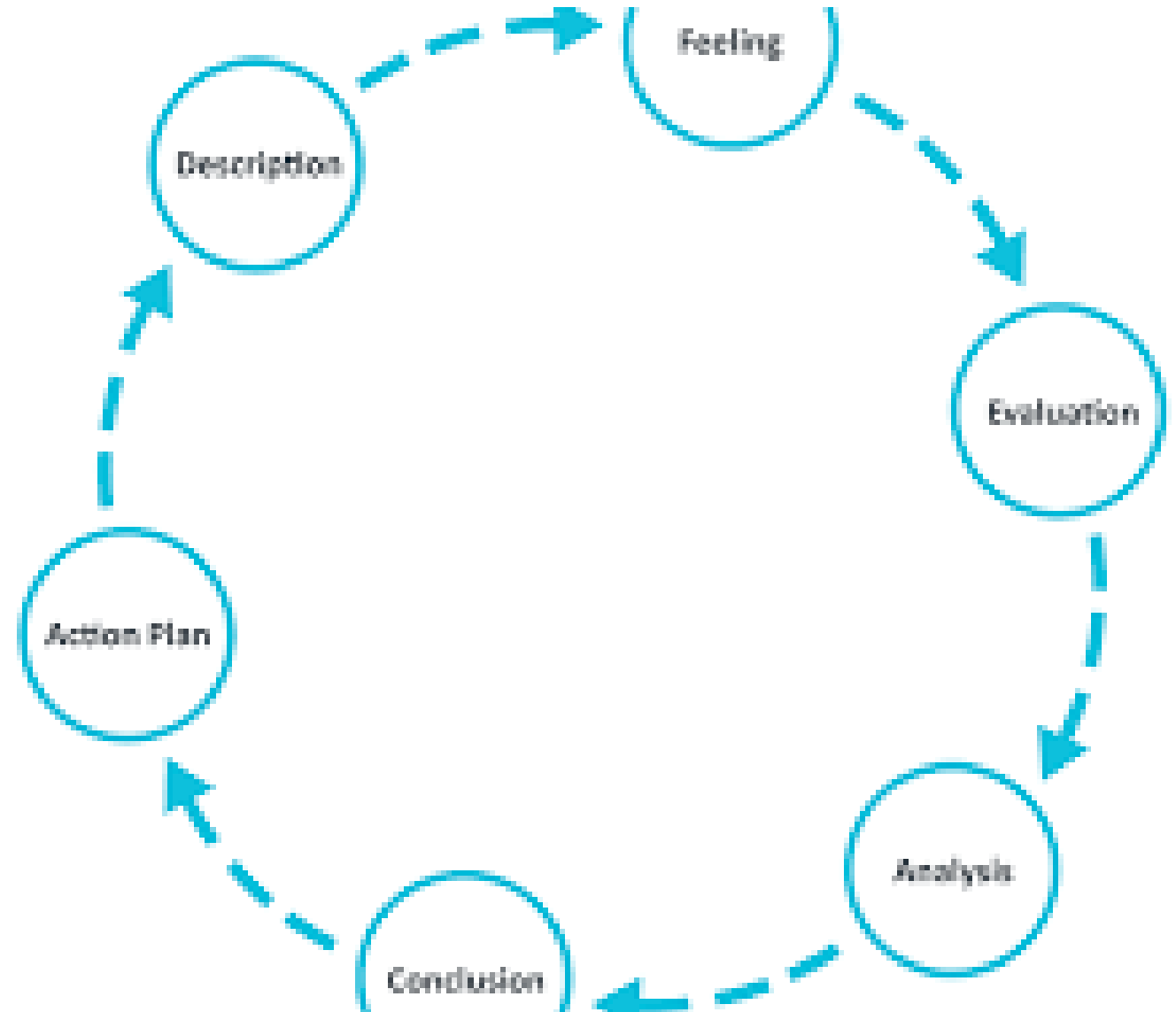
WHY IS REFLECTION IMPORTANT IN UK POLICING?

- Reflection is important in UK policing because officers deal with hard situations such as arrests and stop and searches.
- The College of Policing Code of Ethics gets officers to look back so they act fairly and professionally. Reflecting helps officers learn from experience. (College of Policing, 2023)



THE STAGES OF GIBBS' REFLECTIVE CYCLE

- There are 6 Stages of Gibbs:
- Description , feelings, evaluation, analysis, conclusion and action plan.
- Description - This stage is what happened.
- Feelings - Here the person thinks about how they felt at the time and afterwards
- Evaluation - looks at what went well and what did not go well
- Analysis - The person explains why things happened the way they did, and what influenced their actions or decisions.
- Conclusion - the person decides what they have learned and what they could do differently next time.
- Action plan - Finally, the person makes a plan for what they will do in the future
- (Bulman and Schutz, 2022).



HOW GIBBS' MODEL IS USED IN POLICING



- A police officer might use Gibbs' model after a stop and search or arrest. The officer describes what happened and how they felt, then thinks about what went well and what went wrong. Then They compare their actions to police rules and the National Decision Model to decide how they could improve next time (College of Policing, 2023) (Moon, 2020).

WHAT IS THE NATIONAL DECISION-MAKING MODEL?

- From my own research, The National Decision-Making Model is a tool used by police officers in the UK to help them make safe and fair decisions. Its heavily linked with police code of ethics.
- The model gets officers to look at the situation, think about the law and police rules and what steps they take next. (College of Policing, 2023).



ADVANTAGES OF GIBBS' REFLECTIVE CYCLE



- One advantage of Gibbs' model is that it is easy to understand, which makes it good for student police officers and new officers. It encourages officers to think about their behaviour and feelings. The action plan stage helps officers improve their skills and avoid making mistakes in future situations (Bulman and Schutz, 2022) (Jasper, 2021).
- Another advantage could be according to (Bulman and Schutz, 2022). The action plan stage helps officers learn from mistakes and improve future behaviour.

DISADVANTAGES OF GIBBS' REFLECTIVE CYCLE

- A disadvantage of Gibbs model is that it can be too simple for very serious or complicated police situations. Some officers may rush through the stages without thinking enough. Also, police culture can make it difficult for officers to talk openly about how they feel which can limit reflection. (Moon, 2020) (McLeod, 2020).
- Also, Another disadvantage could be according to (McLeod, 2020). Some officers may feel uncomfortable talking about feelings, then officers may want to use a different approach suited to them.



CONCLUSION

- To sum up, Gibbs' Reflective Cycle is simply way of thinking about what you have done and how you can do it better next time.
- It works like a circle because once you learn from something, you use that learning again in the future
- Even though the model is not perfect for everyone, it is helpful because it makes people stop and think about their actions. This can help them make better choices and improve over time (Jasper, 2021) (College of Policing, 2023).





THANK YOU FOR
LISTENING

Thank you for your
time any questions
you would like to
ask?

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