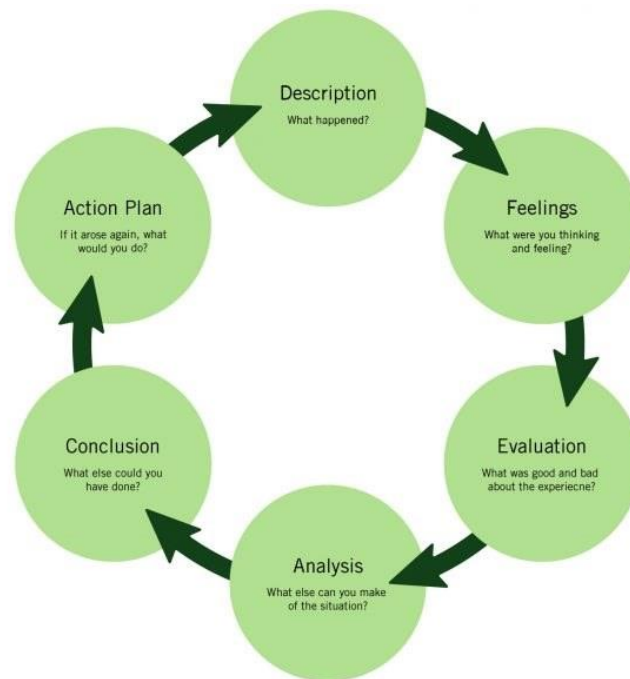




Gibbs' Reflective Cycle

A tool for structured reflection and experiential learning

What Is Gibbs' Reflective Cycle?

What Is A Gibb's Reflective Cycle?

- A cyclical model of reflection, designed by Graham Gibbs, which assists individuals in learning from their experiences through a series of stages from description to action planning. <https://www.simplypsychology.org/gibbs-reflective-cycle.html>
- It is extensively practiced in professional education such as healthcare, teaching, and management. <https://blog.routledge.com/medicine-and-healthcare/gibbs-reflective-cycle/>
- It fosters reflective thinking about life and helps with personal growth.

The Six Stages

Description - What Happened?

Feelings – What did you think and feeling the story, the person

Evaluation – What was good or bad about it?

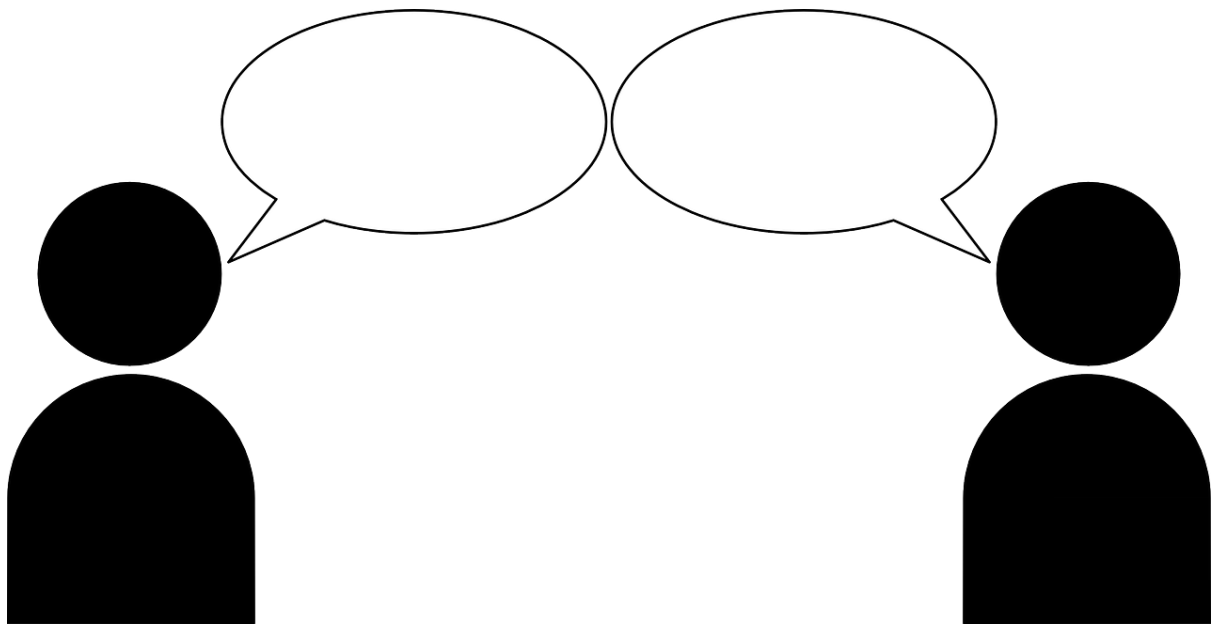
Analysis - What can you make of it?

Conclusion – What else could you have done? Many educators are frustrated with the emphasis

Action Plan – What would you do next time?

<https://www.moralbox.com/gibbs-reflective-cycle-complete-2025-guide-with-examples-applications-and-critique>

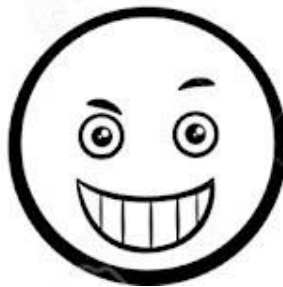
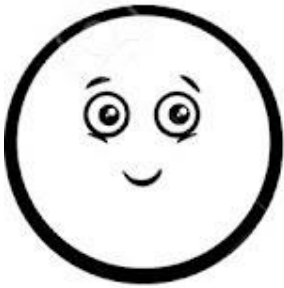
Description



- Provide an objective account of the event.
- Focus on facts — avoid judgments or explanations.

Key prompt: “What happened?” (This sets the context for deeper reflection.) <https://www.simplypsychology.org/gibbs-reflective-cycle.html>

Feelings



- **Conclusion** — Summarize key lessons learned.
 - **Action Plan** — Identify specific steps to improve future practice.
- Reflection should link to practical change and growth.

Stages 3–4: Evaluation & Analysis

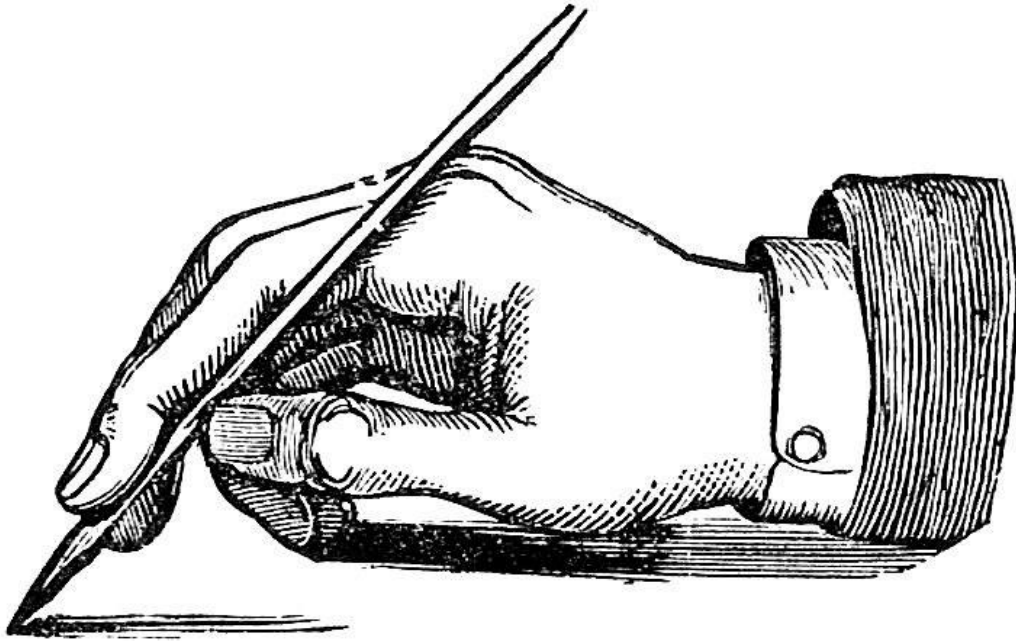


- Evaluation - What worked well and what didn't.
- Analysis - Why did such events occur?

Draw on experience or practice for greater understanding.

<https://www.moralbox.com/gibbs-reflective-cycle-complete-2025-guide-with-examples-applications-and-critique>

Stages 5–6: Conclusion & Action Plan



- Conclusion — Summarize key lessons learned.
 - Action Plan - Outline actions to ensure better practice in the future.
- Reflection must have some relation to practical change and growth.

Why Use Gibbs' Cycle?

- Gives structure → facilitates deeper reflection.
- Applicable to all industries (health, education, industry).
- It facilitates connecting emotions, cognition, and future behaviour.

Example: Recent Academic Evidence

Study (2025)

The study by Ahmadpour et al. examined the effect of narrative writing based on Gibbs's model of reflection on empathy and communication skills among nursing students.

→ The students participating in the structured reflective narratives demonstrated a marked improvement in empathy and communication.

Practical Tips

- Use reflective journals to record experiences regularly.
- Link theory (e.g., communication models) to real situations.
- Reflect collaboratively to broaden perspectives.

Limitations to Consider

- Structured formats can feel rigid for some learners.
- Deeper theoretical critique may require complementary models.

Harvard References

Ahmadpour, N., Shariati, A. & Moghadam, M.P., **2025**. *Effect of narrative writing based on Gibbs' reflective model on the empathy and communication skills of nursing students*. **BMC Medical Education**, **25**(1), p.10.

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