Gibbs’ Reflective Model

Writing Template

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| 1. **Description**
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| Possible sentence starters here include:So far in the module…Today’s session was….The main activity in this lecture was…. This assessment involved….Delete those you don’t require.  |
| 1. **Feelings**
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| This module/session/assessment made me feel….I think I felt like this because…. |
| 1. **Evaluation**
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| Looking back over this experience I realise…This made me consider….Overall, I think this was a positive experience because…Overall, I think this was a negative experience because… |
| 1. **Analysis**
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| Looking more closely at the experience I think that….It may have been better if….Now that I can make sense of the experience I think that…. |
| 1. **Conclusion**
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| My overall conclusion from this experience is that…In the end I think that….To make more of the experience I could have….If I was to experience this module, session, assessment again I would…. |
| 1. **Action plan**
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| Because of this experience I’m going to….I plan to act on this experience by….Some things I can definitely do because of this experience include…The next steps I need to take are…I’m going to achieve this by… |