Gibbs’ Reflective Model

Writing Template

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| 1. **Description** |
| 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** |
| This module/session/assessment made me feel….  I think I felt like this because…. |
| 1. **Evaluation** |
| 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** |
| 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** |
| 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** |
| 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… |