

Appendix G

Reflective practice template example

Description - Describe as a matter of fact what happened during your critical incident or chosen episode for reflection.

Feelings - What were you thinking and feeling at the time?

Evaluation - List the points or tell the story about what was good and what was bad about the experience.

Analysis - What sense can you make out of the situation? What does it mean?

Conclusion - What else would you have done? What should you perhaps not have done?

Action plan - If it arose again, what would you do differently? How will you adapt your practice in light of this new understanding?

Source: Adapted from Gibbs, G. (1988) Learning by doing: A guide to teaching and learning methods. Further Education Unit, Oxford Brookes University, Oxford.