

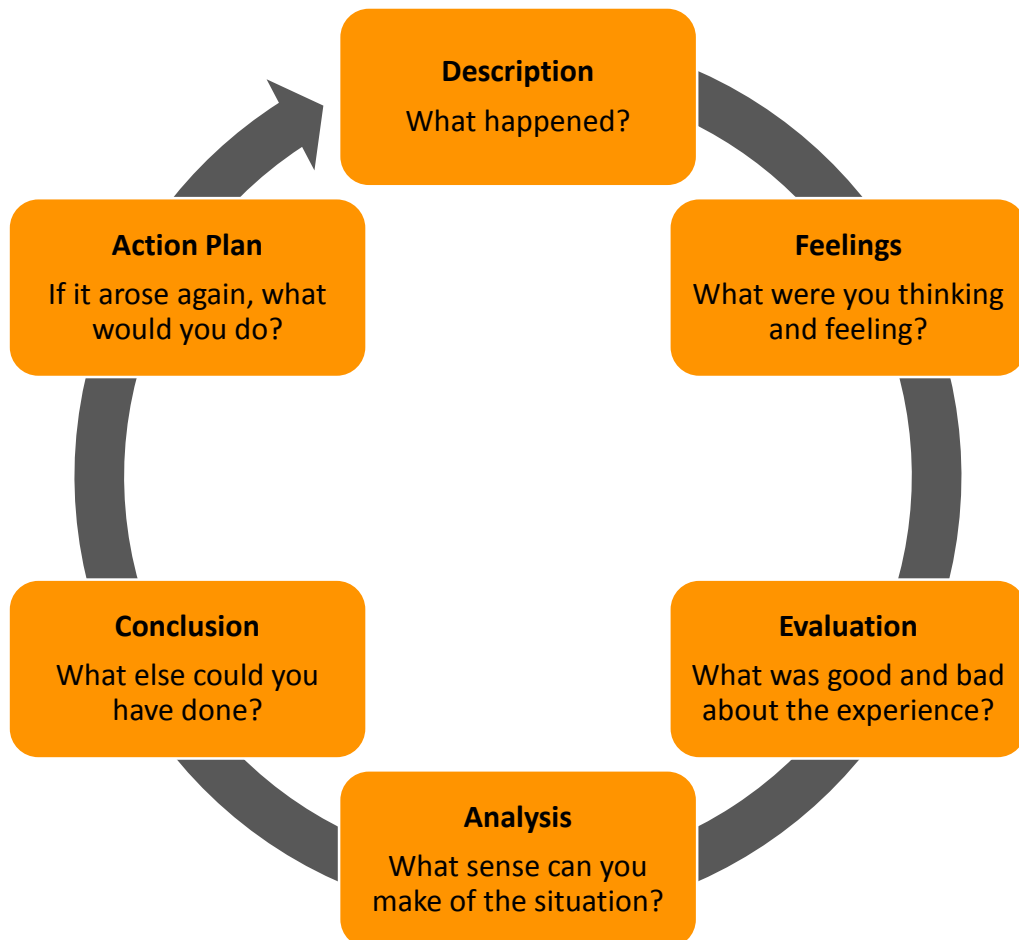
HOW TO GUIDE: Gibb's Reflective Practice Cycle

OVERVIEW: Worksheet to work through the Gibb's Reflective Practice Cycle to reflect on your professional practice.

OBJECTIVES:

- To facilitate learning through experience
- To explore new ideas and approaches towards doing or thinking about things
- To promote self-improvement by identifying strengths and weaknesses and taking action to address them
- To link practice and theory by combining observation with thinking and applying knowledge

ACTIVITY:





Thinking of a particular situation in your professional life, complete this worksheet.

DESCRIPTION – What happened?

Give a concise description of the experience you are reflection on. Use specific and relevant detail. This step is not analytical, simply describes an experience.

FEELINGS- What were you thinking and feeling?

Answer any of these questions that are relevant to the experience:

- How did you feel and what did you think prior to the experience?
- How did you feel and what did you think during the experience?
- How did you react during the experience?
- How did you feel and what did you think after the experience?

This step is still just descriptive, not analytical.

EVALUATION- What was good and bad about the experience?

Answer any of these questions that are relevant to the experience:

- What went well during the experience (what worked)?
- What went badly during the experience (what didn't work)?
- How did the experience end? Was the experience complete (was there a resolution) or incomplete?



ANALYSIS- What sense can you make of the situation?

Answer any of these questions that are relevant to the experience:

- Consider the things you think went badly:
 - Why do you think they went badly?
 - What were the consequences?
 - What could have been done to avoid the negative consequences?
- Consider the things you think went well:
 - Why do you think they went well?
 - What were the consequences?
 - Think about how this positive action could be further improved.
- Think about your contribution to the experience and how useful it was and why it was useful.
 - Did a previous experience help you? Can you compare it to a previous experience?
 - If you were unable to contribute to the experience say why.
- Think about other people present during the experience and assess whether their reactions were similar or different to yours. Say why they were the same or different.

This part **is** analytical, it does not describe, it tries to explain the causes and consequences of things that happened, it asks questions like why?, so what? and what if?



CONCLUSION- What else could you have done?

Answer any of these questions that are relevant to the experience:

- What should or could I have done differently?
- What stopped me from doing this?
- What did I learn about myself during the experience (positive and/or negative)?
- What did I learn about my current knowledge or level of practice (strengths and weaknesses)?
- Did the experience achieve any of my learning goals or meet any of my required competencies?

ACTION PLAN- If it arose again, what would you do?

Answer any of these questions that are relevant to the experience:

- What do I need to do in order to be better prepared to face this experience in future?
- Even if the experience was positive and I did well, in which areas can I improve?
- What are the priority areas that need to be developed?
- What specific steps do I need to take in order to achieve these improvements?