

## Theme 14: Gibb's Reflective Learning Cycle

In this theme you have learnt that there are frameworks that you can use to aid your reflective process.

For this task, select an event that you will be attending to try Gibb's method of reflection. The event can be something social or formal. It could be a meeting or presentation or something simple like a planning meeting for a group assessment or a visit to a tourist attraction.

See Gibb's Reflective Learning Cycle, below and for each of the headings, make reflective comments about the event/experience. You should write a fully reflective piece about the event and share it with your peers.

### Gibb's Reflective Learning Cycle

**Description** – what happened? When did it happen? What did you want to happen?

**Feelings** – what were you thinking/feeling before, during and after the situation? What were others feeling?

**Evaluation** – what was good or bad about it? What did you or others contribute?

**Analysis** – why did things go well or not go well? What knowledge can help to make sense of the situation? (including academic theory)

**Conclusion** – what else could you have done? What skills could you develop to help with situations like this?

**Action plan** – if this arose again what would you do? How can you prepare for that?