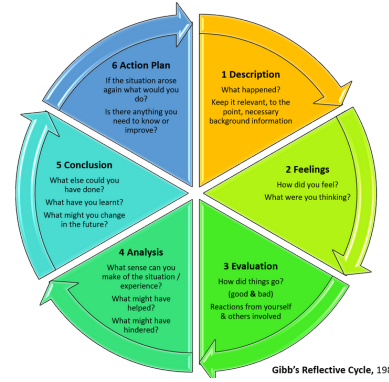


# Reflective Practice

## Gibb's Reflective Cycle



This framework for reflection has six simple steps.

1. <i>Description</i>	What happened? Keep it relevant, to the point & necessary background information	
2. <i>Feelings</i>	How did you feel? What were you thinking about?	
3. <i>Evaluation</i>	How did things go? (good <b>and</b> bad) What were the reactions from yourself? What were the reactions from others involved?	
4. <i>Analysis</i>	What sense can you make of the situation? What might have helped? What might have hindered?	
5. <i>Conclusion</i>	What else might you have done? What have you learnt? What might you change in the future?	
6. <i>Action Plan</i>	If the situation arose again, what would you do? Is there anything you need to know or improve?	