



Reflection (Gibbs, 1988)

Gibbs developed a reflective model based on a number of different stages which were intended to promote deep reflection isolating feelings and slowing down the thought processes so that reflectors avoid jumping to conclusions.

1

• Description – what happened with as much detail as possible

2

 How did you feel? – consider emotional response, how you reacted and how others reacted to you

3

• Evaluation – good and bad. Consider the situation / experience, be objective and begin to make value judgements

1

• Analysis and comparison. What sense can you make of the experience? Was yours the same as others? You may want to involve others

5

 Conclusion – what have you learned and what could you have done differently?

6

• Action – what will you do next time? Consider a simple action plan based on your learning

Reference:

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

