

NOTES

REFLECTIVE EXERCISE 1 of 3

*This is a debriefing exercise, designed to allow systematic, objective reflection after an experience. In order to draw meaningful conclusions and action plans, it is important to take emotion out of the process (Gibbs, 1988).*

Description: What happened? Don't make judgements yet or try to draw conclusions; simply describe.

Feelings: What were your reactions and feelings? Again don't move on to analyzing these yet.

REFLECTIVE EXERCISE 2 OF 3

Evaluation: What was good and bad about the experience?

Analysis: What sense can you make of this situation? Bring in ideas from outside the experience to help you. What was really going on? Were different people's experiences similar or different in important ways?

REFLECTIVE EXERCISE 3 of 3

Conclusion: What can you conclude in a general sense, and about your own personal situation or way of working? What else could you have done?

Action Plan: What will you do differently next time?