1 **What is reflective learning?**

At University reflective learning is used to enable you to assess your strengths and weaknesses and identifying areas of study that you want to develop further.

2 **Models of reflective learning**

There are a number of models of reflective learning that are useful to prompt reflection. Gibbs’ Reflective Cycle (1988) identifies six stages of reflection.

3 **Reflective writing at University**

There are various situations at university when you are required to write reflectively:

- a reflective report about group dynamics for a group project which you participated in for an assignment
- a reflective account of an industrial or overseas placement
- a portfolio which shows your development and reflects on your process of learning
4 **What is reflective writing?**

- Reflective writing goes beyond description to question why things happened in the way that they did. Good reflective writing brings in many different perspectives, hypothesizes about what might have happened had a different course of action been chosen and plans how to act in a similar subsequent situation.

5 **Characteristics of reflective writing**

- There are key differences in style between academic writing and reflective writing.
  - The writing style is likely to be relatively subjective, using the first person
  - The subject matter may be determined by you
  - It may be part of a long term process
  - There may be a conclusion i.e. something has been learnt, or there may be a recognition of further areas for learning
  - Ideas will be drawn into the writing from anywhere that you believe to be relevant.

6 **Structuring reflective writing**

- Use reflective questions to structure your writing and remember to keep description to a minimum. Focus most of your writing on looking at the situation that you have chosen from other perspectives. Bring in views represented in the literature of the topic you are reflecting on and make sure that you identify some learning as an outcome of the reflective process.

**Further information**


Moon, J. (2004) *A Handbook of Reflective and Experiential Learning*