Reflective Writing

There are a number of models that you can use to help structure your reflective writing, however, they all contain the same basic areas. In the diagram below we have grouped these into four stages, and included suggested questions to help you start to think about reflection. Do please remember that reflections can be based on good experiences as well as bad ones. Have a look through the questions below, then research specific models to find the one that will work best for your particular scenario.

1. Description
   - What happened?
   - What was your role?
   - How did you react?
   - What did others do?

2. Assessment
   - If you reflected on a positive experience, how can you make sure you can have more positive experiences?
   - If you reflected on a negative experience, what can you do to support future improvement?
   - What specific steps do you need to take to optimise your future performance?

3. Evaluation
   - What were the consequences and implications of your actions?
   - Consider why things went well, or went badly.
   - Why did you act as you did, and what could you have done differently?
   - What is the main thing you have learnt?

4. Action
   - How did you feel about the event, both at the time and now?
   - What were you trying to achieve?
   - What choices did you have?
   - What went well, and what did not go so well?

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• What was your role?
• How did you react?
• What did others do?