**Gibbs Reflective 0RGHO** 

Gibbs’s Reflective Cycle (Gibbs, 1998) helps you to understand and practice your reflective skills. Use the template to reflect on a recent event in which you demonstrated a reflected ability to improve or demonstrate the need for furthur learning or development **Reflective Title**

Description: what happened?

Feelings: what were you thinking and feeling?

Evaluation: what was good and bad about the experience?

Analysis: what sense can you make of the situation?

Conclusion: what else could you have done?

Action plan: if the situation arose again, what would you do?

Name Date