**Structured Critical Reflection**

What Happened? *(Concrete Experience)*

What Was It Like? *(Reflective Observation)*

What Have I Learnt / Noticed? *(Abstract Conceptualisation)*

What Will I Do/Try Next? *(Active Experimentation)*

Based on Kolb’s Experiential Learning Cycle.  
Kolb, D. A. (1984) *Experiential Learning*, Englewood Cliffs, NJ.: Prentice Hall.