

## Learning Guide Unit 5

## Reading Assignment

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**Please follow these instructions for the reading assignments.**

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1. Read the provided resources carefully to gain a thorough understanding of the topic.
  2. Watch the relevant video to supplement your learning and gain additional insights.
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**While reading the learning resource and watching the videos, ask yourself the following questions:**

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- What is reflective writing?
  - What are the benefits and applications of reflective writing?
  - How can we use the different reflective writing models to incorporate personal insights and experiences?
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### Read:

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1. [James Cook University](#). (n.d.). [Reflective writing: A basic introduction](#).
    - This handout provides a few basic ideas about reflective writing.
  2. [University of Cambridge](#). (n.d.). [Reflective practice tool kit](#).
    - This reading introduces different aspects of reflective writing, models, benefits, applications, and how to incorporate personal experiences and insights.
  3. [University of York](#). (2023, July 5). [Reflective writing](#).
    - This reading summarizes reflective writing with examples and steps to complete your reflective writing.
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### Watch:

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1. Global Assignment Help. (2023, April 17). [Gibbs' reflective cycle – Step-by-step guide with example](#) [Video]. YouTube. <https://youtu.be/RbMxfcsdoBU>
  - This video explains one of the most commonly used reflection model called [Gibbs' Reflective cycle](#) using an example.

