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### Question 1

Correct

Mark 1.00 out of 1.00

The Gibbs cycle consists of the following stages, in the correct order:

- ☐ a. Evaluation, Description, Analysis, Conclusion
- ☐ b. Analysis, Description, Conclusion, Evaluation
- ☒ c. Description, Evaluation, Analysis, Conclusion ✓
- ☐ d. Conclusion, Description, Evaluation, Analysis



### Question 2

Correct

Mark 1.00 out of 1.00

According to Gibbs' Theory of Reflection, what is the purpose of the evaluation stage?

- ☐ a. To objectively describe the events or experience
- ☐ b. To examine the thoughts and feelings during the experience
- ☒ c. To critically analyze the positive and negative aspects of the experience ✓
- ☐ d. To develop an action plan for future improvements

### Question 3

Correct

Mark 1.00 out of 1.00

According to Driscoll's Theory of Reflection, what is the ultimate goal of the reflection process?

- ☐ a. To develop self-awareness and self-regulation skills.
- ☒ b. To achieve a state of continuous personal improvement. ✓
- ☐ c. To gain recognition and acknowledgement from others.
- ☐ d. To contribute to the broader body of knowledge in the field.

**Question 4**

Correct

Mark 1.00 out of 1.00

When incorporating personal insights and experiences in reflective writing, it is important to:

- ☐ a. Avoid any emotional or subjective elements.
- ☐ b. Focus solely on factual information.
- ☒ c. Analyze and critically evaluate the experience. ✓
- ☐ d. Rely on external sources for support.

**Question 5**

Correct

Mark 1.00 out of 1.00

According to [Kolb's Experiential Learning Theory](#), which of the following is the correct sequence of the four stages of learning from experience?

- ☐ a. Reflective observation, concrete experience, abstract conceptualization, active experimentation
- ☒ b. Concrete experience, reflective observation, abstract conceptualization, active experimentation ✓
- ☐ c. Abstract conceptualization, reflective observation, active experimentation, concrete experience
- ☐ d. Active experimentation, abstract conceptualization, reflective observation, concrete experience