

Learning Guide Unit 5

Reading Assignment

Please follow these instructions for the reading assignments.

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.

While reading the learning resource and watching the videos, ask yourself the following questions:

- 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?

Read:

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.

Watch:

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.

