



Reflective writing

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1. Why reflective writing?

- to make observations about your experiences and beliefs;
- to think about what you have learned;
- to think about how you learned it;
- to evaluate what you have learned;
- to consider viewpoints and possibilities.

2. Characteristics of reflective writing

- 1. Reflection**
- 2. Evidence**
- 3. Clarity**

2.1. Reflection

- The writer considers how their own experience and points of view might influence their response

2.2. Evidence

- The writer considers and cites different perspectives and evidence to provide a truly comprehensive reflection.

2.3. Clarity

- The writer must be clear and cohesive.

3. Reflective writing structure



3.1. Description

- What happened?



3.2. Feelings

- How did it make you feel?



3.3. Evaluation

- What was positive about the experience or situation?
- What was negative about the experience or situation?



3.4. Analysis

- Why did it happen?
- What theories might help clarify what happened?
- Are there other perspectives that challenge your viewpoints?
- How else could you interpret the situation?



3.5. Conclusion

- What have you learned?
- What else could you have done?



3.6. Action Plan

- What would you do next time?
- What would be done differently next time?

