Reflective writing

Contents

- 1. Why reflective writing?
- 2. Characteristics of reflective writing
- 3. Reflective writing structure

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.

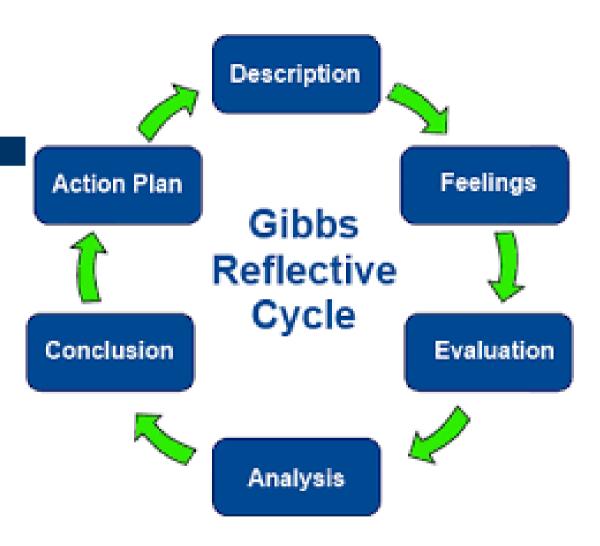
2.3. Clarity

• 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?

