

A handbook of reflective and experiential learning theory and practice

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The Moon Model of Reflection**

The Moon Model of Reflection, developed by Dr. Jennifer Moon, is a framework for understanding and guiding reflection in learning and professional development. It consists of four levels of reflection, each with its own distinctive characteristics and purpose.

4 Levels of Reflection

1. **Descriptive Reflection:** Describes events, experiences, and thoughts without analysis or interpretation.
2. **Interpretive Reflection:** Explores the meaning of events and experiences, making connections and drawing inferences.
3. **Critical Reflection:** Examines assumptions, biases, and perspectives, challenging and evaluating ideas.
4. **Dialectical Reflection:** Engages in a dialogue between opposing views and perspectives, synthesizing a more nuanced understanding.

5 Stages of Learning Moon

1. **Preparing to Reflect:** Establishing a clear purpose and creating a supportive environment for reflection.
2. **Collecting Data:** Gathering information, experiences, and observations related to the reflection topic.
3. **Processing the Data:** Analyzing and interpreting the collected data, identifying patterns and connections.

4. **Making Meaning:** Drawing conclusions, forming insights, and generating new perspectives.
5. **Taking Action:** Applying reflections to improve practice or develop new skills.

5 C's of Reflection

1. **Content:** The specific topic or issue being reflected upon.
2. **Conditions:** The context and circumstances surrounding the reflection.
3. **Cognition:** The thought processes and intellectual activities involved in reflection.
4. **Communication:** The ways in which reflections are expressed and shared.
5. **Consequences:** The impact and outcomes of reflection on practice and development.

5 R's of Reflection

1. **Relate:** Connect new learning to existing knowledge and experiences.
2. **Review:** Examine evidence and experiences to identify patterns and inconsistencies.
3. **Reason:** Analyze and evaluate information to form logical conclusions.
4. **Revise:** Modify and refine ideas and perspectives based on reflection.
5. **Research:** Seek additional information to deepen understanding and support reflections.

3 R's of Reflection

1. **Readiness:** Prepare for reflection by clarifying purpose and creating a supportive environment.
2. **Reflection:** Engage in the process of reflecting using techniques such as journaling, discussion, or visual mapping.
3. **Response:** Take action based on reflections, such as implementing new practices or developing new insights.

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