**Reflection based on Gibbs reflective cycle**

Gibbs, G. (1988) *Learning by doing. A guide to teaching and learning methods*. Oxford Polytechnic: Oxford.

**Description** –what happened?

**Feelings** – what were you thinking and feeling?

**Evaluation** – what was good and bad about the experience? What went well and what went badly?

**Analysis** – what sense can you make of the situation?

**Conclusion** – what else could you have done?

**Action plan** – if it arose again, what would you do?

For filled in examples please click on the links below:

[*Example 1*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-Gibbs-Example1-v2.pdf)