

Gibbs Reflective Cycle

STAGE 1: Description.

-This stage is about describing the experience. In this section, you state what happened, this could include new experiences, whether personal, professional or academic. Stating the experience or activity is necessary, because it is a factual description of events. Only the facts about what happened with the experience/event should be included in this section. It can include factors such as describing an activity which the individual had an active role in, or if an incident happened when you were playground monitor. It would be beneficial to reflect on an activity where you were placed with an obstacle which you had to overcome, and whether you were able to successfully or unsuccessfully solve the problem.

STAGE 2: Feelings

Unlike a lot of reflective cycles Gibb's reflective cycle includes an aspect of your personal feelings during this reflective experience. This is because as part of Gibbs theory of reflection, he believes that personal feelings influence a situation and how an individual would reflect on the experience. In the feelings section, you would describe how you felt during the experience, whether you noted any strengths or weaknesses of your own personal role whilst conducting the experience/activity. This is an important part of the reflective cycle because it includes your own personal view on your development. However, this section is not always effective for reflection because as it includes your own personal feelings, an individual can make assumptions on how the experience went, rather than it being based on factual events. Including feelings as part of a reflective cycle therefore creates the reflection to be a subjective cycle, opposed to using objectivity that creates an outsiders perception of an event.

STAGE 3: EVALUATION

Within this section it is important to state whether you were able to overcome the obstacle, or if you were unable to problem solve. As part of evaluating the reflective experience it is important to state any positive or negatives of the situation. Were you unprepared for something that occurred, but were you able to positively solve the situation? Or did you require any additional support? Was the activity/experience concluded in a beneficial way, or would you be required to conduct it in a different manner if it was to happen again? Here you simply state the good and bad aspects of the reflective experience, it is important to include both positive and negative parts because both are necessary to show learning and development in your professional role.

STAGE 4: Analysis

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**Alias, Nor Aziah, Syed-Aris, Sharipah
Ruzaina, Hashim, Hamimah**

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Table of Contents Samples Of Students Reflective Essay Using Gibbs

1. Understanding the eBook Samples Of Students Reflective Essay Using Gibbs
 - The Rise of Digital Reading Samples Of Students Reflective Essay Using Gibbs
 - Advantages of eBooks Over Traditional Books
2. Identifying Samples Of Students Reflective Essay Using Gibbs
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Samples Of Students Reflective Essay Using Gibbs
 - User-Friendly Interface
4. Exploring eBook Recommendations from Samples Of Students Reflective Essay Using Gibbs
 - Personalized Recommendations
 - Samples Of Students Reflective Essay Using Gibbs User Reviews and Ratings
 - Samples Of Students Reflective Essay Using Gibbs and Bestseller Lists

5. Accessing Samples Of Students Reflective Essay Using Gibbs Free and Paid eBooks
 - Samples Of Students Reflective Essay Using Gibbs Public Domain eBooks
 - Samples Of Students Reflective Essay Using Gibbs eBook Subscription Services
 - Samples Of Students Reflective Essay Using Gibbs Budget-Friendly Options
6. Navigating Samples Of Students Reflective Essay Using Gibbs eBook Formats
 - ePub, PDF, MOBI, and More
 - Samples Of Students Reflective Essay Using Gibbs Compatibility with Devices
 - Samples Of Students Reflective Essay Using Gibbs Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Samples Of Students Reflective Essay Using Gibbs
 - Highlighting and Note-Taking Samples Of Students Reflective Essay Using Gibbs
 - Interactive Elements Samples Of Students Reflective Essay Using Gibbs
8. Staying Engaged with Samples Of Students Reflective Essay Using Gibbs
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Samples Of Students Reflective Essay Using Gibbs
9. Balancing eBooks and Physical Books Samples Of Students Reflective Essay Using Gibbs
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Samples Of Students Reflective Essay Using Gibbs
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Samples Of Students Reflective Essay Using Gibbs
 - Setting Reading Goals Samples Of Students Reflective Essay Using Gibbs
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Samples Of Students Reflective Essay Using Gibbs
 - Fact-Checking eBook Content of Samples Of Students Reflective Essay Using Gibbs
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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