

## **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 in 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**

# Reflective Essay Using Gibbs Cycle

**Julio Gimenez**



## **Reflective Essay Using Gibbs Cycle:**

**Reflective Writing for Nursing, Health and Social Work** Elizabeth Tanguay, Peter Hanratty, Ben Martin, 2025-07-10

This book takes students step by step through the process of planning and writing a reflective essay beginning with crucial guidance on planning and structure. It introduces different reflective frameworks and shows readers how to structure a piece of writing according to a particular framework. Chapters contain a wealth of activities and exercises which will help build students' skills and confidence. The new edition will feature guidance on working with AI tools as part of the reflective writing process and will help students understand the benefits, the risks, and how to maintain academic integrity. The book will also feature a new introductory section about getting into the reflective mindset. Suitable for students of all health-related disciplines, this book will give readers the key tools they need to take their writing to the next level.

**The Student Nurse's Guide to Successful Reflection: Ten Essential Ingredients 2e** Nicola Clarke, 2024-03-25. This book is an engaging and enlightening read. I highly recommend it to all personal tutors, academic advisors, and anyone in higher education who guides students to learn more about themselves. Dr David Grey, UK Advising and Tutoring Association CEO. This book provides a unique, engaging perspective on successful reflection, which is a welcome addition to the arduous academic textbooks on offer. Shelley O'Connor, Senior Lecturer in Mental Health Nursing, Liverpool John Moores University, UK. The second edition of this essential book continues to provide practitioners with an accessible and thorough account of reflection's essential ingredients. Dr Marc Roberts, Visiting Lecturer, Faculty of Health Education and Life Sciences, Birmingham City University, UK. This book is an easy-to-read practical guide that will show you what reflection is and how you can do it successfully. Assuming no prior knowledge, this fully revised and updated text utilises the established ten essential ingredients of reflection from the first edition. It builds on this foundation to develop much-needed reflective skills with new and updated chapters enabling you to apply complex reflective theory and become an effective reflective practitioner. In clear and supportive language, Nicola Clarke will equip you with evidence-informed understanding and ideas for application to your own situation and support you to become an emotionally resilient, self-aware individual who can reflect and empower yourself to become the best version of you. This book includes expansion beyond nursing to include those who study any subject in allied health and the related fields where reflection is a requirement. New chapters explore what reflection is, reflective writing for academic purpose, guided reflection, and new frameworks to support reflection. A how-to approach using exercises, for and examples from Health Education and Life Sciences, HELS, and the everyday reflection and reflective practice made real. Authentic, jargon-free writing that speaks to and is inclusive of the reader. Information that will empower you to reflect correctly and inform how you receive and who you allow to support guided reflection in you. This book is a must-have text for all students of nursing, allied health, social work, and all fields where an understanding of self and reflection is required. Dr Nicola Clarke is a senior lecturer and doctoral supervisor for the faculty of Health Education and Life Sciences, HELS, at Birmingham City University.

UK Reflective Practice Janet Hargreaves, Louise Page, 2013-12-19 Reflective practice is an essential skill for those working in health and social care but why is it so vital and how can it be learned As inter disciplinary working becomes more common finding shared ways of reflection on practice are becoming more and more important How do we share our ideas and thoughts to enrich both professionals and their client base This book uses stories and exercises to enable readers to develop their skills Its emphasis is on the practical from how to construct a reflective essay to the ethical ambiguities of whistleblowing and constructing a professional persona The book is written with the needs of students of health and social care in mind For those who want to develop their skills beyond the scope of the book each chapter ends by with a step up suggestion enabling them to build on what they have already learned **Writing for Nursing and Midwifery Students** Julio Gimenez, 2024-02-08 Combining the theory and practice of academic writing this book helps you to master the basics of writing at university It equips you with the skills needed to examine cognitive processes such as reflection and critical thinking and includes essential information on referencing your work correctly and avoiding plagiarism A comprehensive writing toolkit for students of nursing midwifery health and social care it provides a step by step approach to a whole range of genres specific to these disciplines going beyond the traditional academic essay to include care critiques action plans portfolios and systemic reviews as well as complex argumentative writing and the undergraduate dissertation proposal It also offers help with texts for professional development such as portfolios and conference abstracts Supporting you throughout your degree this new edition includes A new section on making effective notes An updated section on reflection including the latest reflective models A wider range of examples covering areas such as mental health children and learning disabilities in nursing and midwifery care and A self assessment quiz and achievement chart to help you track your learning as you work through the book Written in a lively engaging and accessible style this book is an invaluable companion for students at all levels and will give you the confidence to succeed on your course The Student's Guide to Reflective Writing Martin McMorrow, 2024-03-21 From your studies to your career reflection and reflective writing is a key skill for personal and professional development However reflective writing requires a different approach to essays or reports it can be difficult to know how to accomplish it Written in a supportive and inclusive tone The Student s Guide to Reflective Writing is an ideal resource for anyone faced with reflective writing assignments It provides clear and practical advice on every step of the process showing you how to Record your experiences Choose what to write about Structure your assignment Write reflectively using appropriate tone and language and Incorporate theory and refer to professional skills and competencies Throughout the book there are a wealth of practice tasks and detailed examples of reflective writing from a range of disciplines It also contains a glossary of sentence structures to help you get started and build your confidence This hands on and supportive guide equips you with the skills to write critically reflectively and successfully **Simplify Your Study** Peter Lia, 2020-02-12 This innovative book provides clear and straight forward strategies which help students to understand the

conventions of academic assignments and what lecturers expect from their work Simplify Your Study is organised around nine core units which focus on the sticking points of university study including organisation and planning reading and note making strategies producing essays critical thinking delivering presentations and preparing for exams Packed with tried and tested strategies for success this essential resource will help students of all disciplines and levels to achieve their academic potential

**How to Succeed on Nursing Placements** Karen Elcock,2020-01-27 Feel confident and fully prepared on your nursing placements with this invaluable guide to one of the most important aspects of your nursing course Covering the what why and how in easily accessible language this book explores the common challenges faced by nursing students on placement and gives you practical advice on how to overcome them Written by a team of experienced lecturers and nurses the book covers everything from developing resilience to reflecting on your experience and preparing for employment enabling you to make the most of your time on placement Key features Fully mapped to the new NMC standards of proficiency for registered nurses 2018 Case studies activities and other learning features help you translate the theory to practice A practical guide to help you gain the most from your placement

**Essential Study Skills for Nursing** Christine Ely,Ian Scott,2007-01-01 Study skills are essential to nursing and the aim of this book is to provide you with an easy to use guide that will help you to develop the study skills necessary to your academic and professional life

**Research and Evidence-based Perspectives in Education** Vana Chiou,Lotte Geunis,Oliver Holz,Nesrin Oruç Ertürk,Justyna Ratkowska-Pasikowska,Fiona Shelton,2025 This edited collection focuses on educational challenges questions and discussions in a range of educational contexts and phases of learning including early years primary secondary and higher education These individual discourses lead to connected conversations where educational challenges are pondered solutions offered and where research findings can extend our insights and understanding to enhance educational practices The scope of the book is multi faceted and explores a range of practices and research contexts such as sustainable development parent carer engagement cyber bullying social pedagogy professional development educational innovations language learning gender diversity and inclusion The chapters offer an insight into how we can think about and offer solutions to complex educational challenges for sustainable and enhanced pedagogic practice

**Nursing and Midwifery Portfolios** Kate Andre,Marie Heartfield,2011 The implementation of National registration requires Australian and New Zealand Nurses and Midwives to perform annual Continuing Professional Development They must also document evidence of skills acquisition activities reflection identification and prioritisation of their learning needs in a portfolio With the global trend towards e Portfolios many higher education institutions encourage the use of e Portfolios as a tool to enhance learning and demonstrate career development Nursing and Midwifery Portfolios evidence of continuing competence 2e has been thoroughly revised with a focus on e Portfolios to provide tools to structure reflect plan develop and communicate professional achievements for nurses and midwives A new chapter on Reflection highlights the value of including reflection within portfolios as a critical

element towards addressing learning needs for individuals Australian and New Zealand regulatory frameworks By providing direct application to the local regulatory context including applied examples this book gives the reader the opportunity to understand the perspective of their local regulator thus assisting them in producing a product that addresses the needs of the regulator A range of portfolio approaches Through understanding a range of portfolio approaches the reader can gauge which approach best meets their needs Examination of the nature and role of evidence This assists the reader to understand the need for a range of evidence and how the different types of evidence contribute specific aspects necessary to substantiate the broader argument of competence Through the use of quality evidence the reader can compile a more compact but effective portfolio Performance and career planning The direct link made in this book between portfolios performance and career planning means that the value of this book extends beyond being a tool for undergraduate and postgraduate students Rather this text is designed to assist a range of clinicians and managers in assisting them either plan their own careers or influence others in developing careers inline with the future needs of their organisation New information about e Portfolios A new chapter on Reflection Updated regulatory requirements for National registration Aligned to NMBA CPD standards Greater emphasis on evidence based practice Increased use of examples and case studies

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