

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 Gibb's 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

Samples Of Students Reflective Essay Using Gibbs

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Samples Of Students Reflective Essay Using Gibbs:

Unveiling the Magic of Words: A Review of "**Samples Of Students Reflective Essay Using Gibbs**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Samples Of Students Reflective Essay Using Gibbs**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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