

Reflective language:

- It can be written in first person (I, me, my) as it reflects on your experiences.
- Formal style e.g. avoid contractions (shortened forms of words) or slang.
- Avoid being overly critical such as blaming or complaining.
- **Remember:** even if things do not go to plan, you can reflect on what you learnt and strategies for the future.

Example reflective phrases:

- The most significant event occurred when ...
- My greatest challenge was ...
- To overcome this, I ...
Alternatively, I could have ...
- This has taught me that ...
- This skill will be useful as ...
- In the future, I aim to



More reflective phrases from the University of Portsmouth:
<https://studyhub.fxplus.ac.uk/media/723>



Find out more:

Read:



- Basset, B. (2016) *The reflective journal*. 2nd Edition. Basingstoke: Palgrave Macmillan.
- Edinburgh University (2025) *Reflective toolkit*. Available at: <https://reflection.ed.ac.uk/> (Accessed: 17 February 2025).
- Williams, K., Woolliams, M. and Spiro, J. (2012) *Reflective writing*. Basingstoke: Palgrave Macmillan.



Watch:

- University of Hull (2014) *Reflective writing*. Available at: www.youtube.com/watch?v=Qol67VeE3ds (Accessed: 17 February 2025).

Study Skills



Reflection



Scan the QR code: book a tutorial/workshop or access remote resources.

Get in touch:
study.skills@norwich.ac.uk

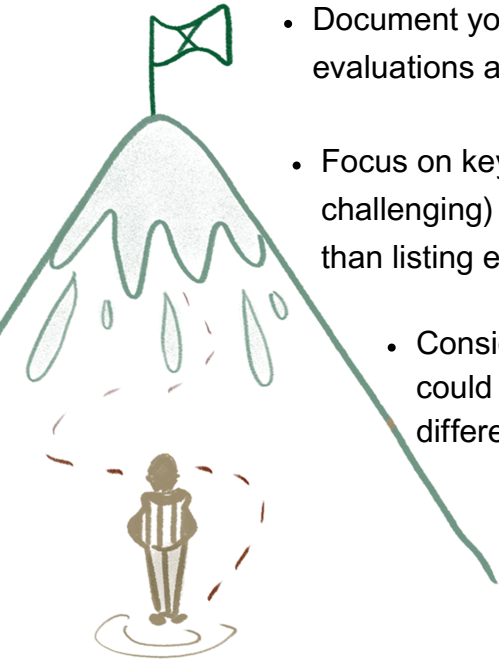


- **Key principles:** p.1.
- **Models of reflection:** pp. 2-3.
- **Language** p. 4.
- **Find out more:** p. 5.



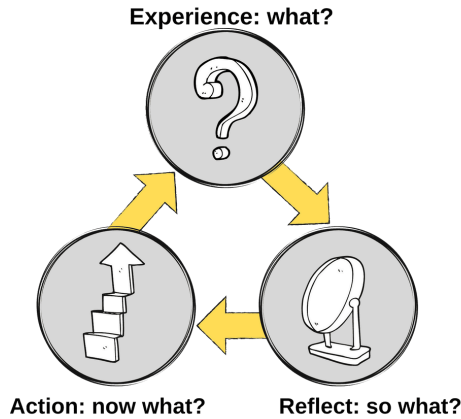
Being reflective

- Document your decisions, evaluations and learning.
- Focus on key (positive or challenging) events rather than listing everything.
- Consider what you could have done differently.
- Reflect on next steps.



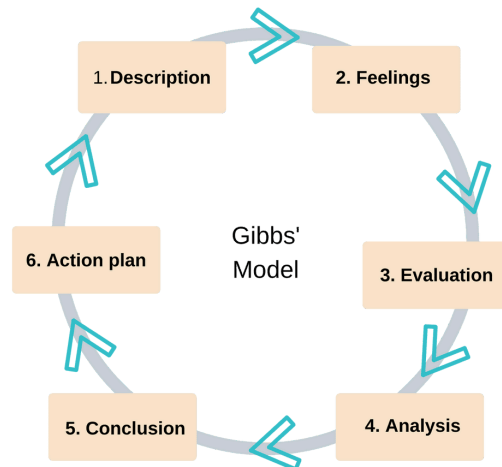
Basic model

- Based Jasper's (2003) ERA model and Driscoll's questions (2007).
- Select an experience to describe (**what?**); reflect on its significance (**so what?**); decide next steps (**what next?**).



Gibbs' reflective cycle

- Gibbs' model is an extended 6-part cycle.
- This often works well for journal entries.



Reflecting on practice

- When reflecting on your practice, try this three step approach.



Process: What did you do? How did you do it?



Analysis: Why did you do it? What inspired you?



Evaluate/Conclude: How effective was it? What are the next steps?

SWOT analysis

- **SWOT** analysis can help with evaluations or learning summaries.
- Consider specific examples to discuss.



Strengths: What went well?

Weaknesses: What were the challenges/low points?

Opportunities: What resources/skills or contacts will you develop?

Threats: What could hinder progress?



Critical writing

- Avoid being overly descriptive e.g. merely answering the descriptive questions (left).
- Include critical analysis to reflect, evaluate and conclude (questions to right).

Who?
What?
When?
Where?

Deeper reflection

Why?
How?
What if?
So what?
What next?