**Guided Reflective Writing Exercise: Reflection on Learning**

Based on Gibb's (1987) Reflective Practice model that incorporates Kolb's (1984) Experiential Learning Cycle

**Please use the prompts where relevant to guide your writing.**

*An event may be directly experienced by you or be something you have read, or heard about from external sources.*

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| **Description of the event** |
| If feasible, start by dividing the event into the beginning, middle and the end |

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| **What was the context of the event?**  **What happened?**  **What did you do?**  **What were you thinking or feeling?**  **What was good and bad about the experience?**  **Did you have particular concerns?**  **What were the strengths and weaknesses in your learning?** |

This handout is from the online module, *Introduction to reflective practice* developed by Virginia Hussin and Margaret Faulkner for students at the University of South Australia.