

Reflect on & describe the initial learning situation or knowledge

- What was your knowledge / belief / attitude? OR
- What was the learning situation?

Identify the future learning situation or knowledge

- What questions do you now have?
- How will you deal with these questions?
- Can you think of any resources which might help you develop your knowledge / beliefs / attitudes further?

Reflective practice cycle

Analyse & evaluate the learning situation or knowledge

- What influenced your initial knowledge / beliefs / attitude?
- What assumptions did you have?
- What other sources of knowledge were important in understanding the experience?
- What new ideas challenged or questioned your initial learning situation or knowledge? (provide references to support this)

Reflect on & discuss the current learning situation or knowledge

- What is your knowledge / beliefs / attitude now?
- What changes or development occurred in relation to your initial knowledge / beliefs / attitude?
- What did you find most challenging about what you learned and why?
- What can be concluded from the experience?

Sources: Adapted from Gibbs 1988; Kolb 1984