

## Gibbs' model of reflection (1988)



Think about a situation or interaction and work through Gibbs' cycle as follows:

- ☐ **Description:** Describe as a matter of fact just what happened during your critical incident or chosen episode for reflection.
- ☐ **Feelings:** What were you thinking and feeling at the time?
- ☐ **Evaluation:** List points or tell the story about what was GOOD and what was BAD about the experience.
- ☐ **Analysis:** What sense can you make out of the situation? What does it mean?
- ☐ **Conclusion:** What else could you have done? What should you perhaps not have done?
- ☐ **Action plan:** If it arose again, what would you do differently? How will you adapt your practice in the light of this new understanding?