

Reflective Writing

Reflective writing explores your experiences and concepts or theories to demonstrate your learning and record how your thinking has changed.

Reflective writing includes

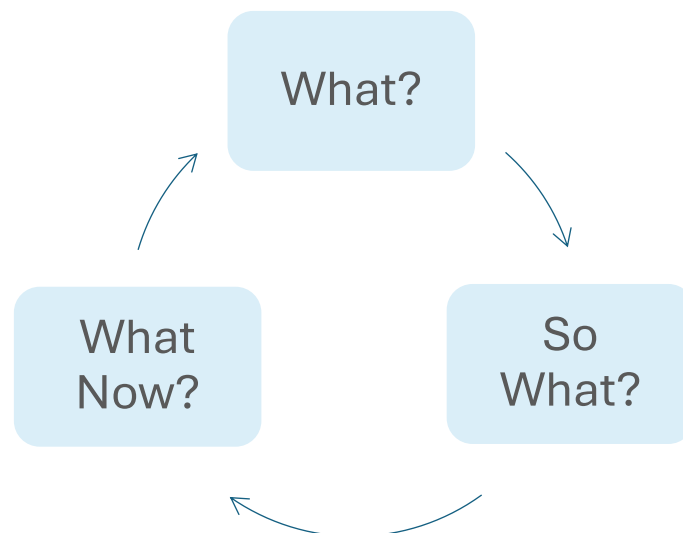
1. Description of an experience
2. Interpretation of the experience and what this means
3. Identification of learning and how you will apply this in the future

Use a reflective thinking framework

- [Gibbs Reflective Cycle](#)
- [Kolbs Experiential Learning Cycle](#)
- Rolfe, Freshwater and Jaspers' Reflective Practice Cycle

Figure 1

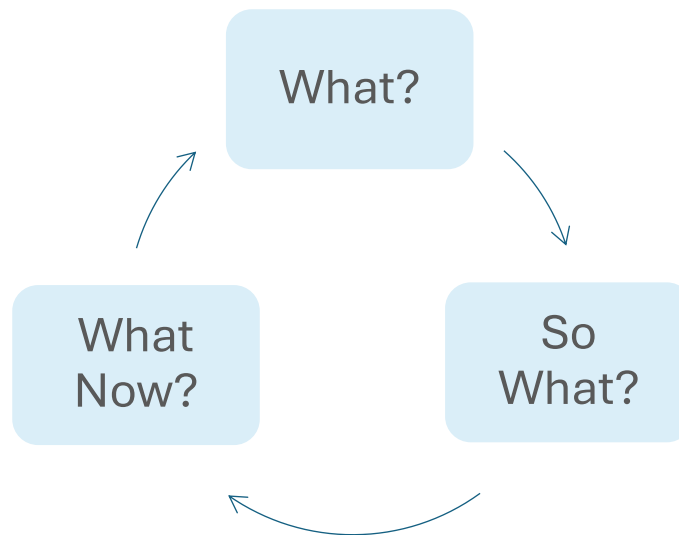
Rolfe et al.'s Reflective Practice Cycle



Note. Adapted from *Critical reflection in nursing and the helping professions: A user's guide*, by G. Rolfe, D. Freshwater, and M. Jaspers, 2001. Palgrave Macmillan.

Use questioning to help you think and write reflectively

- What happened?
- What did I do?
- What learning was I applying?
- What did others do?
- What were the circumstances?



- How can I do things differently?
- What do I now understand and how will this impact in my work/life?
- What questions do I now have that I will explore further?
- What changes to my practice do I intend to make?

- What did I notice?
- What was important for me?
- What were my thoughts /feelings?
- What did/did not go well, and why?
- What other learning or experience can I relate to this?
- What has changed because of this experience?

Updated 30 January 2025