

Reflective Model – Gibbs (1988)

Description

This is simply just describing what happened. Without judgment or evaluation. Just a descriptive sentence or two to get you started.

Feelings

Don't analyze these yet, that comes soon. Keep it simple.

Evaluation

Now we start getting into it. This section is about judgments and listing what was good or bad about the situation / appointment.

Analysis

This is where we try and make sense of it all. Why were the good things good, and the bad things bad?

Conclusions (*general and specific*)

No we give an overall picture of the appointment based on what you analyzed, and not on what you thought before your reflection. They may be different, and that's good.

Action Plan

Time to make a plan as to what can be done better next time. Make a few actionable goals for your next appointment. This action plan should be incorporated into your planning for your next appointment.

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