# Gibbs' Cycle of Reflection by Helena Beeson [Video Transcript]

Reflective practice is all about leaning from experience. It’s an important strategy for lifelong learning and the improvement of your professional service. It should challenge you, your previous knowledge and possibly your values. Reflective writing needs to show how you have changed through a process. As for models, there is no right one. Tutors generally have a preference so check your module guide and notes. This video will talk about Gibbs’ cycle of reflection. Gibbs is used widely across the university and gives you a clear structure to navigate your reflections on a particular event. You may have seen a cycle such as this one, let’s look at it in more depth.

Firstly, describe the relevant details briefly. Any more than the key facts at this stage will be a waste of your word count. Then, identify what influenced your feelings and whether they changed during the event. Did they affect your actions?

For evaluation, think about your judgements at the time. What contributed to them? How do you feel about them now? Try to stand back and look at the bigger picture.

Then comes your analysis. Start looking at the experience in depth and focus on vital aspects. Were there key issues that affected something or someone? For example, this could be a lack of knowledge, communication or time management. What was the issue? What should have happened? Are there theories to help you understand the situation and improve next time? This section is all about examining all the influencing factors and discovering ways to improve.

Conclude the key points learned through the reflective process and what to improve on next time. Identify any training needs or skills which could be developed further. This will inform your action plan so that if the same thing happens again you will be in a more informed and considered position to deal with it.

Remember, it’s impossible to do everything right for the first time. Looking back at something with hindsight is a great way to move forward. Not everyone reflects automatically, if you can demonstrate your ability to reflect, it may just give you the edge in the future. If you are interested in other reflective models, please see the related videos. Thank you for watching.