

A reflective language framework

Identifying the learning experience

For me, I think I feel	the most	meaningful relevant significant striking	experience/idea/issue	was...
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Exploring previous beliefs and behaviours

Previously, Before this experience, In the past,	I	thought/did not think... believed/did not believe... questioned/did not question... did/didn't do... assumed/did not assume knew/did not know...
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Accounting for beliefs and behaviours

This belief My previous understanding This behaviour This With hindsight, X	may/could be is probably may/could	explained by... due to... because of... linked to... have stemmed from... have its roots in... have been caused by...
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Explaining new beliefs and knowledge

Having reflected on Having considered Having observed Having experienced	X, I now	understand... realise... question... think...
Looking back at Reflecting on Considering		

Explaining the implications and applications of your new knowledge and understanding

As a result, I have changed
 Therefore, I have developed
 I have learned
 I have realised X.
 deeper understanding of
 new appreciation for
 better skills in
 a better grasp of

A deeper understanding of
 My new appreciation for
 Better skills in X
 A solid grasp of
 is/are important for practitioners in Y
 is/are vital in the field of Y
 will be important for me because...

Planning for the future

Because I am concerned about X,
 To continue this growth, I will...
 To master this skill, I aim to...
 With this new knowledge,

My next step is...
 I need to learn more about... X.
 I will seek support from...