

Reflective language frameworks

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 behaviour

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 feelings, beliefs and behaviour

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

Developing new understanding and knowledge

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

Drawing links between learning, practice, theory, or industry standards

I now understand	why	[theory, researcher, standard] states...
This has given me insight into	how	[theory, standard] operates in practice.
I am learning about		
This experience has shown me	links	between theory X and Y.

Explaining the implications and applications of your new understanding

	changed...
	developed...
	learned...
	realised...
As a result, I have	
Therefore,	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	is/are important for practitioners in Y
A solid grasp of		is/are vital in the field of Y
		because...
		will be important for me

Considering 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...	