

Reflection summary

Introduction

You may need to write a reflection deepen your understanding of a topic or to develop the ability to apply your learning in your profession after you graduate.

Steps to writing a reflection

1. Focus your thinking on a specific topic, such as a learning experience.
2. Use a reflection model that is common in your discipline or ask yourself a series of questions to guide your reflection. For example, What? So what? What next?
3. Take notes under each section of the reflection model.
4. Write your draft to clearly address each stage of the reflection model. Consider the level of formality required in the task. For example, can you use first person 'I'?
5. Consider the level of academic support required for the task. For example, do you need to refer to research or theory to support your analysis?

Structure

1. Identify the learning experience and describe your previous beliefs and behaviour.
2. Account for your feelings, beliefs and behaviour.
3. Develop new understanding and draw links between practice, theory, or industry standards.
4. Explain the implications and applications of your new understanding.
5. Consider the future.

Useful language

Identifying the learning experience

For me/I think/I feel the most meaningful/relevant/significant/striking experience/idea/issue was...

Exploring previous beliefs and behaviours

Previously/Before this experience/In the past, I thought/did not think...

I believed/did not believe...

I questioned/did not question...

I did/didn't do...

I assumed/did not assume

Explaining beliefs and behaviours

This belief/My previous understanding/This behaviour may/could be due to...

is probably explained by...

Explaining the implications of new knowledge and understanding

As a result/Therefore, I have changed/developed/realised.....

I now have a deeper understanding of.....

My new appreciation of.....