

GIBBS MODEL OF REFLECTION – THINKING QUESTIONS & ACTIONS

DESCRIPTION

Using specific and relevant detail, give a concise description of your experience/the event (i.e. what happened that you are reflecting on).

this part is not analytical, it is descriptive, it describes an experience or event

FEELINGS

Answer any of the following questions that you think are relevant to the experience:

- How did you feel and what did you think prior to the experience?
- How did you feel and what did you think during the experience?
- How did you react during the experience?
- How did you feel and what did you think after the experience?

this part is not analytical, it is descriptive, it describes personal feelings and thoughts and actions (reactions)

EVALUATION

Answer any of the following questions that you think are relevant to the experience:

- What went well during the experience (what worked)?
- What went badly during the experience (what didn't work)?
- How did the experience end? Was the experience complete (was there a resolution) or incomplete?

this part is not analytical, it makes positive and/or negative judgements about an experience

if a lot of different things happened during the experience, focus on one or two, try to choose the things that are most important, most relevant or most representative of the experience or had the most impact on the experience/event.

ANALYSIS

Use any of the following that you think is relevant:

- Reconsider the things that went badly and write why you think they went badly (causes of action).
- Reconsider the things that went badly and write what you think this lead to (consequences of actions).
- Think about what could have been done to have avoided these negative consequences.
- Reconsider the things that went well and write why you think they went well (causes of action).

- Reconsider the things that went well and write what you think this lead to (consequences of actions).
- Think about how this positive action could have been further improved.
- Think about your contribution to the experience and say how useful it was and why it was useful (did a previous experience help you? can you compare it to a previous experience?).
- If you were unable to contribute to the experience say why.
- Think about other people present during the experience and try to assess whether their reactions were similar or different to yours. Try to say why they were the same or different.
- Consider putting yourself in the other person(s)'s present shoes how might they have experienced the event, what might their feelings have been and how would this have impacted the event or how you responded

This part is analytical, it does not describe, it tries to explain the causes and consequences of things that happened, it asks questions like why?, so what? and what if?

CONCLUSION

Reconsider the experience and answer any of the following questions that you think are relevant:

- What should or could I have done differently?
- What stopped me from doing this?
- What did I learn about myself during the experience (positive and/or negative)?
- What did I learn about my current knowledge or level of practice (strengths and weaknesses)?
- Did the experience achieve any of my learning goals or meet any of my required competencies?

this part sums up what you learnt from the experience - try to be specific about what you learnt or realised about yourself, give specific details (avoid making general statements like "I didn't have the adequate knowledge")

ACTION PLAN

Answer any of the following questions that you think are relevant to making a plan:

- What do I need to do in order to be better prepared to face this experience in future?
- Even if the experience was positive and I did well, in which areas can I improve?
- What are the priority areas that need to be developed?
- What specific steps do I need to take in order to achieve these improvements?

this part is not analytical, it states actions designed to improve knowledge, ability, experience etc., you can include the justification for and value of actions in the action plan (i.e. why you plan to do something)try to be specific about what you plan to do (e.g. state specific training you may need to undergo, books or policy guidelines you will need to read, resources you may need to use and become proficient in etc.) Make sure you set 'SMART' (Specific, Measureable, Achievable, Realistic, Timed) objectives for each of your action points.