

Gibbs' reflective cycle

Gibbs' reflective cycle is a widely used model for structured reflection in various fields, including education and healthcare. Developed by Graham Gibbs, this reflective framework consists of six stages that guide individuals through a systematic process of examining and learning from experiences. It is a cyclical model, meaning that individuals can go through the stages repeatedly as they continue to reflect on different experiences and refine their understanding. It provides a structured and systematic approach to reflection, facilitating a deeper understanding of one's experiences and promoting continuous learning and improvement.



How:

Objective; facilitate effective reflective practice using Gibbs' reflective cycle to enhance learning and personal development.

1. Description; describe the event or experience in detail, including thoughts, feelings, and actions. Provide context and background to set the scene.
2. Feelings; explore and express personal emotions and reactions to the experience. Identify both positive and negative feelings associated with the event.
3. Evaluation; Analyze the positive and negative aspects of the experience. Consider what went well and what could be done differently.
4. Analysis; reflect on the deeper meaning and significance of the experience. Explore the underlying factors, assumptions and influences that shaped the situation.
5. Conclusion; draw conclusions about what was learned from the experience. Consider how to apply the insights gained in future situations.
6. Action plan; develop a plan of action for future scenarios based on the reflections. Identify specific steps and strategies for personal and professional development.

Special requirements:

Provide tools or templates for documenting reflections.

Ensure accessibility for digital or physical documentation.

Consider integrating reflection into educational or professional schedules.

Time required:

Consider time for personal journaling or group discussions.

Dedicate time for developing a thoughtful and actionable plan.

Allocate time for implementing an action plan, and later a reflection of outcomes.

Schedule periodic check-ins or reflections to monitor progress.