

Complete the following tasks to explore reflective language related to using Gibbs' Reflective Cycle (1988).

(i) Match the phrases below to a category of Gibbs' Reflective Cycle (1988).

1.Description (D)	2Feelings (F)	3.Evaluation (E)	5.Action (A)
I used	I felt concerned about ...	I applied...	I tested..
It made me realise that	The main learning I gained was ...	I discovered that....	
A positive aspect of the process was ...	I was nervous about trying ...	I learnt that..	
Next time, I will also ...	A key challenge was ...	The hardest part was ...	
It has changed how I ...	I felt most engaged in the process when ...	It made me happy ...	

(ii) Choose five of the phrases above and complete the sentences based on your experience.

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(iii) For each of the categories of Gibbs' Reflective Cycle (1988), write one more sentence using your own words.

- Description
- Feelings
- Evaluation
- Conclusions
- Action