## Reflective Journal Template

### 1. Description: what happened?
- What, where and when?
- Who did/said what, what did you do/read/see hear?
- In what order did things happen?
- What were the circumstances?
- What were you responsible for?

### 2. Feelings: what were you thinking about?
- What was your initial gut reaction
- What does this tell you?
- Did your feelings change?
- How do you feel now?
- What were you thinking?

### 3. Evaluation: what was good or bad about the experience?
- What pleased, interested or was important to you?
- What made you unhappy?
- What difficulties were there?
- Who/what was unhelpful? Why?
- What needs improvement?

### 4. Analysis: what sense can you make of the situation?
- Compare theory and practice.
- What similarities or differences are there between this experience and other experiences?
- Think about what actually happened.
- What choices did you make and what effect did they have?

### 5. Conclusion: what else could you have done?
- What have you learnt for the future?
- What else could you have done?

### 6. Action Plan: what will you do next time?
- If a similar situation arose again, what would you do?

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Adapted from: Gibbs, G 1988, Learning by Doing: A Guide to Teaching and Learning Methods, Oxford Polytechnic, Oxford
# Reflective Journal Template

## 1. What?
- ◎ ... is the problem/difficulty/reason for being stuck/reason for feeling bad/reason we don’t get on?
- ◎ ... was my role in the situation?
- ◎ ... was I trying to achieve?
- ◎ ... actions did I take?
- ◎ ... was the response of others?
- ◎ ... were the consequences for the student? Myself? Others?
- ◎ ... feelings did it evoke in the student? Myself? Others?
- ◎ ... was good/bad about the experience?

## 2. So What?
- ◎ ... does this tell me/teach me/imply/mean about me/my class/others/our relationship/my patient’s care/the model of care I am using/my attitudes/my patient’s attitudes?
- ◎ ... was going through my mind as I acted?
- ◎ ... did I base my actions on?
- ◎ ... other knowledge can I bring to the situation?
- ◎ ... could/should I have done to make it better?
- ◎ ... is my new understanding of the situation?
- ◎ ... broader issues arise from the situation?

## 3. Now What?
- ◎ ... do I need to do in order to make things better/stop being stuck/improve my teaching/resolve the situation/feel better/get on better/etc., etc.?
- ◎ ... broader issues need to be considered if this action is to be successful?
- ◎ ... might be the consequences of this action?

Reflective Journal Template

1. Personal
   ◎ Why did I feel the way I did in this situation?

2. Ethics
   ◎ Did I act for the best?
   ◎ What factors (either embodied within me or embedded in the environment) were influencing me?

3. Emperics
   ◎ What knowledge did or could have informed me?

4. Reflexivity
   ◎ Does this situation connect with previous experience?
   ◎ How could I handle the situation better?
   ◎ What would be the consequences of alternative actions?
   ◎ How do I feel now about this experience?
   ◎ Can I support myself and others as a consequence?

1. Experience
Returning to the event, incident or experience, describe what happened considering:
◎ Behaviour
◎ Ideas
◎ Feelings

2. Reflection
◎ Attend to the behaviours, ideas and feelings expressed during the event, incident or experience
◎ Evaluate the event in light of the experience, knowledge and experimentation
◎ What can you make out of the experience?

3. Outcomes
◎ With this new perspective on the event, incident experience, what might you change or do differently?