

Name:

Date:

Situation/Experience/Learning:

Gibbs' Reflective Cycle

1. **Description:** What happened?

2. **Feelings:** What were you thinking and feeling at the time?

6. **Action:** If the situation arose again, what would you do?

3. **Evaluation:** What was good and bad about the experience?

5. **Conclusion:** What else could you have done?

4. **Analysis:** What sense can you make of the situation?

