

Reflective Account (Adapted from Gibbs 1998 Model)

Title

Date

Description: What happened

Feelings: What were you thinking and feeling?

Evaluation: What was good and bad about the experience?

Analysis: What sense can you make of the situation?

Conclusion: What else could you have done?

Action Plan: If it arose again, what would you do?

Are there any development needs that could be included in your Personal Development Plan (PDP)?

