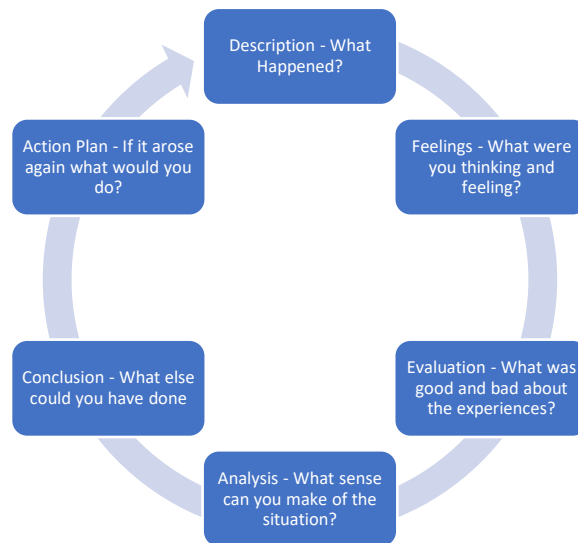


Gibbs Reflective Cycle



Description: What Happened?
Feelings: What were you thinking and feeling?
Evaluation: What was good and bad about the experiences?
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?