**Sample: Reflective Accounts and Diaries**

1

**Gibb's (1998) Model of Reflection**

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| **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 have been done?) |
| **Action plan** (If it arose again, what would you do?) |

**Fook's (1996) 'Identify, reflect and develop' model (adapted from Lomax et al., 2010)**

2

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| **Identify and describe the practice experience and its context** (Be specific and include important issues: for example, organisational concerns, professional issues, time of day or when it occurred, all people who were involved) | |
| **Reflect on the account** (What themes emerge? Can you connect thoughts, feelings and interpretations? How did you interpret what happened – how did this influence the situation? Would someone else have interpreted things differently and taken a different perspective? What assumptions did you make? What informs these assumptions? Are there gaps and biases in your account?) |
| **Develop** (How does the experience compare with what you expected would happen? What is different/similar about this experience compared with others that you have encountered? How can you improve/change your practice as a result of this experience?) |

**Beverley and Worsley’s (2007) Critical Incident Analysis**

3

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| Something surprises, confuses or disturbs you | |
| Recall the facts, thoughts and feelings | |
| Why did you do what you did? |
| What other ideas might help you understand and deal better with such a situation in the future? |

**Rogers’ (2016) Reflective Diary Proforma**

4

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| Describe what happened |
| What were you thinking at the time? |
| What were you feeling at the time? |
| What theory can you apply to the experience to make sense of what happened? |
| What values did you draw upon during the experience? |
| What law or policy underpin your actions during the experience (if any)? |
| If you worked with other professionals/agencies, what helped the situation? What hindered the situation? |
| What can you learn from the experience? |
| Will you seek any training or other development opportunities following the experience? |
| If the situation arose again, what would you do the same? What would you do differently? |

**References**

Beverley, A. and Worsley, A. (2007) *Learning and Teaching in Social Work Practice*. Basingstoke: Palgrave Macmillan.

Fook, J. (1996) *The Reflective Practitioner*. St Leonards: Allen & Unwin.

Gibbs, G. (1988) *Learning by Doing: A Guide to Teaching and Learning Methods.* Oxford: Oxford Further Education Unit, Oxford Brookes University.

Lomax, R., Jones, K., Leigh, S. and Gay, C. (2010) *Surviving your Social Work Placement.* Basingstoke: Palgrave Macmillan.