

Description: What happened?



Feelings: What were your reactions, thinking & feeling?

Evaluation: What was good & bad about the experience?

Analysis: What sense can you make of the situation? What was really going on?

Action plan: What are you going to do differently in this type of situation next time?

Conclusion: You have explored the issue from different angles and have a lot of information to base your judgement. What can be concluded?

Levels of Reflections (Mezirow, 1998)

1. Descriptive reflection

- What? Reporting
- Describes situation and general reaction with little attempt to uncover personal assumptions/beliefs about the situation.

2. Analytical reflection

- Why? What if?
- Integrates meaningful reaction to situation based on assumptions/beliefs, feelings, and alternative perspectives/points of view.

3. Critical reflection

- Now what?
- Uncovers the root causes of our knowledge, assumptions and beliefs. Discovers new meaning and suggest how this experience can impact and inform the future
- To be aware of our presumptions and principles is requirement for change.