

Reflective prompts

- What did I learn from the experience? What surprised me?
- What went well and what didn't?
- How did I act and why?
- What are my own strengths and weaknesses?
- How does my experience compare to the literature?
- What connections can I make between this experience and the wider context: work place policies, challenges and values; social and cultural issues; other experiences
- What research/theories/models can help me make sense of this?
- Could I have responded in a different way?
- What might have helped or improved things?
- Would I do things differently? If so how?
- How /where can I use my new knowledge and experience?
- What are the next steps?

These are general prompts, each of the models have their own suggestions.

Some reflective phrases

These are just some starter phrases that might help.

General Analysis

- The most significant issue arising from this experience was ...
- Alternatively this might be due to ...
- I feel this situation arose because ...

Reflection on self

- At the time I felt that ...
- Initially I did not question ...
- Subsequently I realised ...

Linking theory to experience

- This (concept) helps to explain what happened with ...
- Argyle (2001) propounds the importance of body language and this relates to this situation ...
- X(concept) provides insight into my own experience of ...

Linking experience to theory

- My experience of ... relates to Argyle's (2001) theory
- This experience highlights the concept of ...
- This experience is typical of what Hargie (2019) describes as ...

Concluding

- Having read around this issue I now realise that ...
- I have developed my understanding of ...
- Initially I did not realise the benefit of using method X; however, this experience has taught me that ...

Now what/ Action plan

- However, I am not yet confident that...
- This experience has highlighted that I need to develop my skills ...
- From this experience I have learnt that ... which I feel will be invaluable...