

1. Description

- *What happened?*
- *What is being examined?*

We are not suggesting specific vocabulary for any descriptive elements of your reflective writing, because the range of possible events, ideas or objects on which you might be required to reflect is so great.

2. Interpretation

- *What is most important / interesting / useful / relevant about the object, event or idea?*
- *How can it be explained e.g. with theory?*
- *How is it similar to and different from others?*

For me, the [most]	<ul style="list-style-type: none"> meaningful significant important relevant useful 	<ul style="list-style-type: none"> aspect(s) element(s) experience(s) issue(s) idea(s) 	was (were)...
		learning	<ul style="list-style-type: none"> arose from... happened when... resulted from...
Previously, At the time, At first Initially, Subsequently, Later,	I	<ul style="list-style-type: none"> thought (did not think)... felt (did not feel)... knew (did not know)... noticed (did not notice)... questioned (did not question)... realised (did not realise)... 	
[Alternatively,] [Equally,]	This	<ul style="list-style-type: none"> might be is perhaps could be is probably 	<ul style="list-style-type: none"> because of... due to... explained by... related to...
	This	<ul style="list-style-type: none"> is similar to... is unlike... 	because...
[Un]Like...	this	<ul style="list-style-type: none"> reveals... demonstrates... 	

3. Outcome

What have I learned from this?
What does this mean for my future?

Having	{ read... experienced... applied... discussed... analysed... learned...	I now	{ feel... think... realise... wonder... question... know...
[Additionally,] [Furthermore,] [Most importantly,]		} I have learned that...	
I have	significantly slightly	{ developed improved	{ my skills in... my understanding of... my knowledge of... my ability to...
However, I have not [sufficiently]			
This means that... This makes me feel...			
This knowledge This understanding This skill	{ is could be will be	{ essential important useful	{ to me as a learner [because...] to me as a practitioner [because...]
Because I	{ did not... have not yet... am not yet certain about... am not yet confident about... do not yet know... do not yet understand...	} I will now need to...	
As a next step, I need to...			