

Reflection is the active activity of actively watching one's own experience in order to examine it more closely, occasionally to draw attention to it momentarily, but frequently to study it in more detail. This can be done concurrently with another activity or separately from it. Learning to put one's own actions and experiences into perspective—or, to study that experience rather than merely live it—is the key to effective reflection. Reflective practice can support us to work in a challenging field where our ethics and morals may be tested, where power relations may be blatantly unequal, and where we may be working in emotionally and physically demanding environments. Reflective practice can help us understand our own intentions, values, and visions.

Step 1: Review a circumstance or event.

Review a recent event or topic that has been on your mind, and give a brief description of it.

Here, you have the ability to go into great depth about the circumstance.

Step 2: Consider your experience or concept carefully.

Consider carefully the reasons behind your experience or the significance of your opinion. When you consider your experience, what theories, hypotheses, conjectures, or interpretations spring to mind? Here, you get the ability to assess what did and didn't work in the circumstance. Be as unbiased and truthful as you can. Focus on both the positive and bad sides of the circumstance to get the most out of your reflection, even if it was one or the other.

Step 3: Describe what you've discovered about yourself, your position, or the circumstances.

You get an opportunity to make sense of what transpired during the analysis stage. You have been concentrating on the specifics of what took occurred in the circumstance up to this point.

You now have the opportunity to interpret it. You should focus on the many elements that went well or poorly and consider why.

Step 4: Prepare your next move. Describe your next steps, action strategy, and plan of action.

This might entail making a decision to act differently the next time, changing one's attitude or way of thinking, or needing to ponder more deeply. You can draw inferences about what transpired in this part. Here, you should highlight the lessons you've learned and how changing your behavior now might lead to better results down the road. It ought to be a logical continuation of the earlier portions. It may also be quite beneficial to consider how you can support your own efforts to behave differently, so that you don't just plan what you will do differently but also how you will ensure that it occurs.

#### References-

*Gibbs' reflective cycle*. The University of Edinburgh. (2020, November 11). Retrieved December 6, 2022, from <https://www.ed.ac.uk/reflection/reflectors-toolkit/reflecting-on-experience/gibbs-reflective-cycle>

Macbeth, S. (n.d.). *Reflective practice*. Reflective Practice | Participatory Methods. Retrieved December 6, 2022, from <https://www.participatorymethods.org/method/reflective-practice>