

aid to reflective writing

Stage/Aim	Questions to aid the writing process
Stage 1 Description	What incident/issue are you going to reflect on?
Stage 2 Judgement	What were you thinking/feeling when the incident/issue occurred? What was good/bad about the experience? You must give reasons for your judgement.
Stage 3 Analysis	What sense can you make of the incident/issue? Use theory to aid understanding and show how it relates to the subject of your reflection. Are they similar or different?
Stage 4 Conclusion	What can you conclude from both the experience of the incident/issue and your analysis? What else could you have done? If the incident happened again what would you do differently? If your personal circumstances had been different might this have had an impact on the way you viewed the incident? If your mood had been different could that have altered your experience?

Mae'r ddogfen hon ar gael yn y Gymraeg.