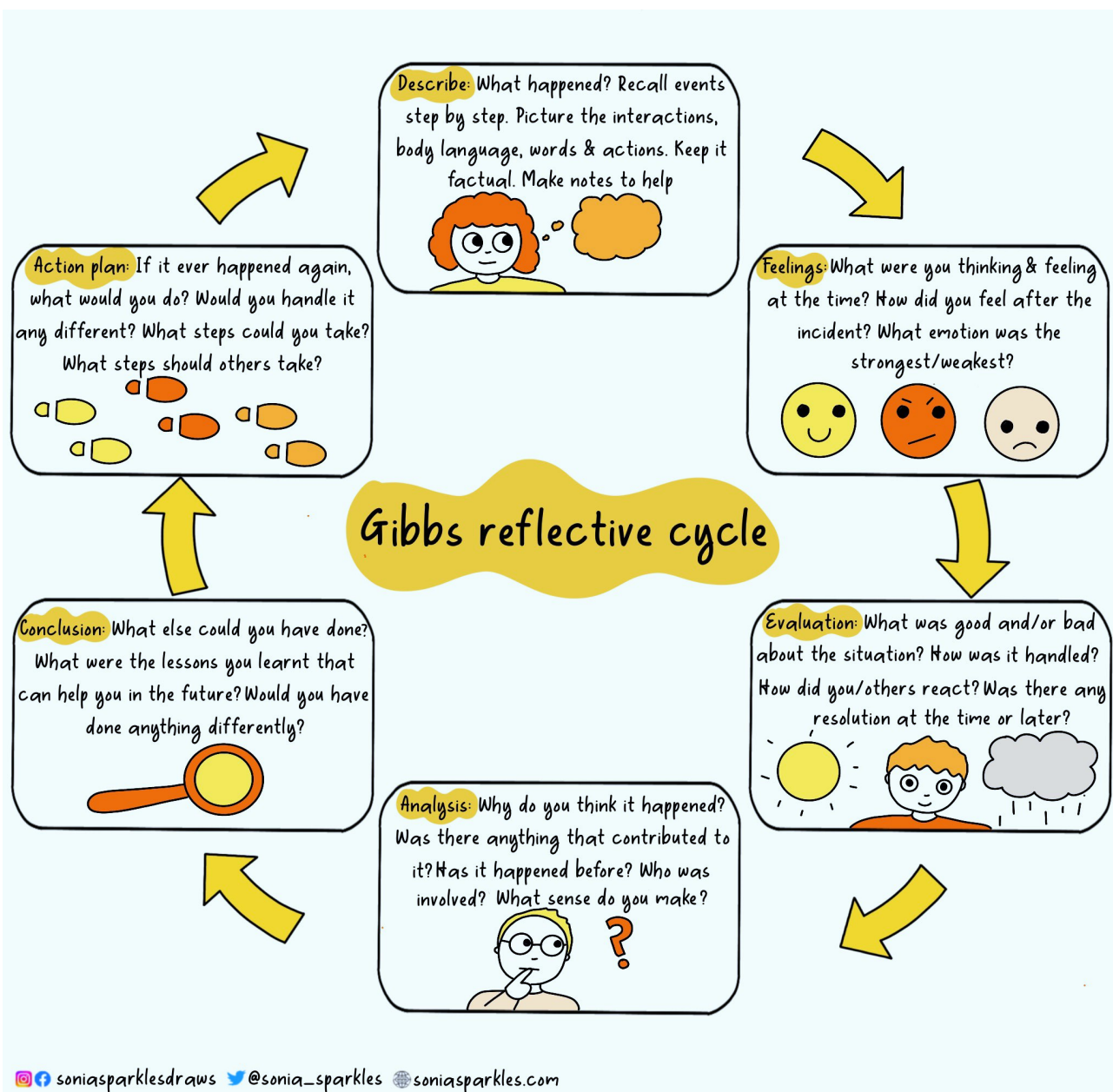


Reflective learning: how will you reflect on your journey



Reflection is often overlooked as we rush to do the next thing in the improvement journey. How will you ensure you reflect on your learning, your actions throughout your improvement project and interaction with others?

- Use Gibbs* reflective cycle to make notes on significant events.
- Use it as a framework to think back over what happened and what you might do differently.
- Use it to understand different perspectives and the full situation.

*Gibbs, G. (1988). Learning By Doing: A Guide to Teaching and Learning Methods.