

Appendix 1 - Reflective Cycle Prof Christopher Johns



Description <i>What Happened</i>	
Feelings <i>What were you thinking and feeling</i>	
Evaluation <i>What felt good?</i> <i>What felt difficult?</i>	
Analysis <i>What sense can you make of the situation</i>	
Conclusion <i>What else could you have done</i>	
Action plan <i>If it arose again what would you do</i>	