

Reflective Planning Grid

This Reflective Planning grid accompanies the Reflective Learning Log. Whilst the Reflective Learning Log helps you to reflect on your actions ‘in the moment’, this Planning Grid is a more organised reflection-on-action afterwards. Don’t forget you will need to incorporate academic sources throughout your reflection.

Specify the cycle used: Gibbs’s Reflective Cycle (1988)	Description Focused on the experience...what happened?	Feelings What were you feeling?	Evaluation What was good/bad about the experience?	Analysis Can you rationalise the experience?	Conclusion What could you have done differently?	Action Plan What could you do to move forward?
Example	A student who had been making progress was disruptive and talkative in class.	Frustrated as progress had been made but no tactics were now working. Felt let-down, thinking I’d failed as I gave up and focussed on other students.	Good - the student had made progress; I remained compassionate and calm. Bad - shouldn’t have given up on helping the student.	The student’s behaviour was explainable as they had received bad news. My reaction was understandable, even if not the best reaction.	Spoken to the student one-on-one to check how they were/made more use of a consequence system/changed tasks to allow for more discussion.	Seek support from the behaviour support team and try more creative strategies. This will help to ensure more consistent engagement.
My Own Reflections						