You may find it useful to follow the cycle below:

####  **Description**

Action Plan What were your feelings?

If it happens again what would you do?

#####  Conclusion Evaluation

 **Could you have done What was good or bad about the**

 **anything differently? experience?**

##### Analysis

**What can you learn from the event?**

**The Reflective Cycle (based on Gibbs, 1988)**