



TE RAU HERENGA O AOTEAROA

THE REFLECTIVE WRITING PROCESS

Reflective writing involves three processes:

1. experiencing something
2. thinking (reflecting) on the experience, and
3. thinking about what you learn from that experience.

Reflective writing is written in the first person. Tell us about what **you** learned and what conclusions **you** reached about the activity, not about your team or colleagues.

Reflective writing gives you an opportunity to think deeply about something you've learned or an experience you've had. There is neither a right nor a wrong way of reflective thinking - only questions to explore.

Descriptive writing is not reflective writing. To avoid the trap of falling into a purely descriptive narrative, consider using one of these phrases to kick-start your reflection, such as:

- The most important thing was...
- At the time I felt...
- This was probably due to...
- After thinking about it...
- I learned that...