Reflective Writing Sentence Starters
Based on Gibbs (1988)

What happened?
During placement...
As I had previously worked with...
Despite being/feeling...
Our task was to...
Having not...
They said...
I made...
The placement/task/role was...
My mentor...
I had visited...
They had decided...
This prompted me to...
I had already...
Early on I noticed...
The first time I...

What sense can you make of the situation?
After researching about...
Smith (XXXX) states that...
Jones (XXXX) highlights the importance of...
This episode links to...
I regularly... which is in line with...
I had always thought...
This change in my thinking could be down to...
After reading this guidance I realise I could have...
By... I had believed I was...

What can you conclude from the experience?
Looking back on this I can see...
I should have...
I can now see that...
I recognise...
I have drawn/taken...
Regardless of...
The key change in...
It is important for me...
It has helped me to...
In order for me to be...

What were your feelings and emotions?
I remember...
My initial thoughts/feelings...
It was only later that...
During the event...
I realised...
My feelings of... were associated with...
To my annoyance...
As a result of...

What can you conclude from the experience?
Looking back on this I can see...
I should have...
I can now see that...
I recognise...
I have drawn/taken...
Regardless of...
The key change in...
It is important for me...
It has helped me to...
In order for me to be...

What was good/bad?
Afterwards this prompted...
Usually I would... however...
The incident was...
I regret...
I do not regret...
What was so...
I am pleased with...
I have since observed... and...
It has taught me...
I assumed...
This may have been because...

What would you do differently in the future?
Reflecting on this has enabled me to...
Since this experience I have... and will continue to do so.
In future I will...
In my next placement...
By continuing to...
In the future it would be interesting to...
In the near future I plan to...

Find out more on our skills guide: https://libguides.derby.ac.uk/reflectivewriting