Reflective Thinking

Study Development Worksheet

The table below mirrors **Kolb’s reflective cycle** (1984).

Use the question prompts to guide your reflective note-taking.

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| **Concrete experience:** What happened? What were your thoughts and feelings at the time? |  |
| **Reflective observation:** Reflect on the experience – Why did this situation happen? What worked well and what didn’t work? Why did I respond the way I did? How does this link to my skills and knowledge? |  |
| **Abstract conceptualisation:** Learn from your experience – Why did the experience play out in this way? How could I improve? What could I have done differently? |  |
| **Active experimentation:** Put your learning into practice - How can I apply what I have learnt to future situations? |  |

**Support**: Study Development offers workshops, short courses, 1 to 1 and small group tutorials.

* Join a tutorial or workshop on the [Study Development tutorial and workshop webpage](https://www.yorksj.ac.uk/students/study-skills/study-development-tutorials/) or search ‘YSJ study development tutorials.’
* Access our Study Success resources on the [Study Success webpage](https://www.yorksj.ac.uk/students/study-skills/study-success/) or search ‘YSJ study success.’