



ANZCA and FPM CPD Program

Critical reflection – Practice reflection template

Once completed, this template is for your personal records. Please do not upload it to the ANZCA and FPM CPD portfolio.

Date(s) _____

Hours spent _____

1. Description of the event - *What happened?*

What did you do? Where did it happen? Who was involved? What was the context?

2. Feelings - *What were you thinking and feeling?*

Describe your internal thoughts and feelings, before during and after the event

3. Evaluation - *What was good and bad about the experience?*

Were there things that were difficult? Interesting? Surprising? Upsetting?

Provide some judgement about the event and its possible consequences.

4. Analysis - *What sense can you make of the situation?*

How do past experiences compare to this?

How does theory or evidence fit with this?

How did your involvement affect the outcome?

5. Conclusion

What else could you have done?

What insights, thoughts or conclusions about your role within this event can you now take away? What have you learnt for the future?

6. Action plan

What would you do if a similar situation arose again?

What are some indicators that would help you recognise a similar event?

What are some changes you would make?

Who could assist you with further guidance on your reflections?

Source: [Models for structuring reflection – Example 2](#). Reproduced with permission from Leeds Beckett University. Based on Gibbs G (1998). Learning by doing: a guide to teaching and learning methods. Further Education Unit. Oxford Polytechnic: Oxford.