



Reflective Writing

Reflective writing aims to get you to think about and understand your learning experiences.

Reflective writing can be included in a variety of different assignment tasks. It can include keeping a reflective journal or learning log with multiple entries – particularly for professional placements – or be part of an essay or report.

The DIEP strategy

The four steps in this approach (adapted from Boud, D 1985, *Reflection: Turning Experience into Learning*) are to describe, interpret, evaluate and plan.

D – Describe objectively what happened.

Answer the question: 'What did I

- do,
- read,
- see,
- hear, etc?'

I – Interpret the events.

Consider why events happened in the way they did. Explain:

- what you saw and heard
- your new insights
- your connections with other learning
- your feelings
- your hypotheses and/or conclusions
- Answer the question: 'what might this mean?'

E – Evaluate the effectiveness and usefulness of experience.

- Make judgments that are clearly connected to observations you have made.
- Answer the questions:
 - ✓ What is my opinion about this experience?
 - ✓ What is the value of this experience?
 - ✓ Why do I think this?

P – Plan how this information will be useful to you.

Consider in what ways this learning experience might serve me in my:

- course
- program
- future career
- life generally

Answer the question: 'How will I transfer or apply my new knowledge and insights in the future?'

DIEP strategy for writing a reflection

In your entries, attempt to:

- analyse your own performance as a learner
- evaluate your gains in understanding and completing tasks
- verbalise how you feel about your learning
- make connections with other experiences, ideas
- demonstrate transfer of learning
- integrate the concepts taught in courses (including the literature where relevant)

