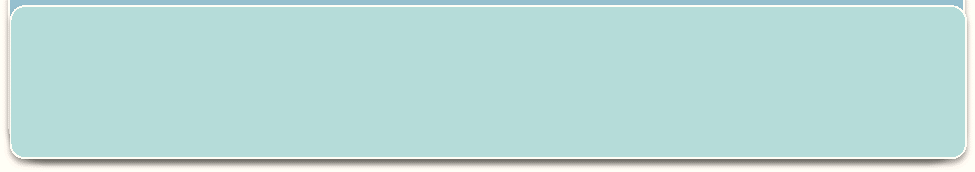
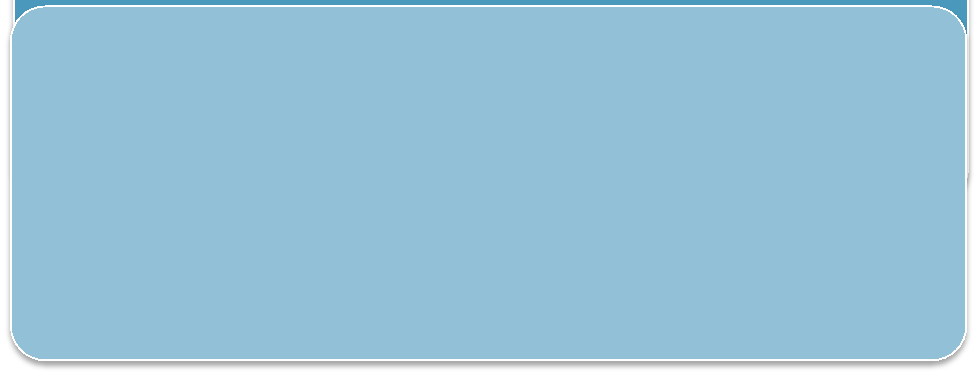
#### Here are descriptions of different levels of reflective writing.

Transitions Skills and Strategies



**Descriptive writing:Tells the story, often from one view point, and normally in the sequence that it happened with no reflection on meaning or impact.**

**Descriptive account with some reflection: is still focused on telling the story but it starts to include the possibility of**

**questions that could be asked.**

**Reflective writing:includes the telling of the story but external information, questioning of motives and clear reflection is included.**

#### Logo Description automatically generatedNavigating transitions:

**Critical self-reflection**

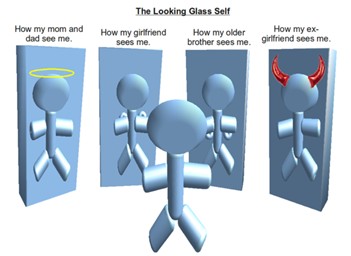
## What is self-reflection?

Self-reflection comes from examining your learning experience, coming up with ideas to improve your performance and putting these ideas into practice.

## What is critical self-reflection?

Critical self-reflection requires you to step back from your learning experience and engage in deeper and more meaningful learning. This can be helped by developing   
self-reflection in your thinking and writing.

**Further resources:**



[www.enhancementthemes.ac.uk/transition-skills-and-strategies](http://www.enhancementthemes.ac.uk/transition-skills-and-strategies)

**Further reading:**

Dweck, C (2006): Mindset: the new psychology of success, Ballantine Books, ISBN: 9780345472328.

Booth, A (2001): Developing History Students' Skills in the Transition to University, Teaching in Higher Education, 6(4), pp 487-503.

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# As writing becomes more reflective it shifts:

**Remember:**

* try to not treat reflective activities as extra work
* look for its relevance to your learning and you will remain motivated.

#### from description to reflective account

* from no questions to questions to responding to questions
* emotional influence is recognised, and then handled increasingly effectively
* there is a 'standing back from the event'
* there is a shift from self-questioning, challenge to own ideas

**Some questions you can ask yourself**

* What did you learn?
* How did you feel when you were learning?
* How can you apply the learning in the future?
* What were the barriers to learning?
* from recognition of relevance of prior experience
* in the taking into account of others’ views.

**Top tips to help you to develop a learning journal**

A learning journal can be a collection of learning experiences and reflection on them. It can be hand written or electronic.

**Start with small steps**

To begin with identify a learning experience which could be a lecture, video or discussion with another student.

### Use a Journal Entry Template

A blank page can be very daunting but looking at examples of what other people have already done or using a template to guide you through the process can help.

### Reflect more than once

Return to the journal entry at a later date to reflect for a second time on your learning experience.