The Language of Critical Reflection

Critical Reflection is evidence of reflective thinking in relation to subject concepts, theories and approaches.

1. Description
   What happened?
   What is being examined?

2. Interpretation
   What is a real problem and developing theories to deal with them?
   How can it be explained e.g. with theory?
   How is it similar or different from others?

Outcome
   What have I learned from this?
   What does this mean for my future?

Reflective Language

Useful words and phrases for reflective writing...

Description
For me, the [most meaningful] [significant] [important] [relevant] [useful]
aspect(s) of my experience(s) [spatial] [ideal]
was (were)...

Interpretation
Previously, At first, At last, Subsequently, Later...

This or This might be is perhaps could be is probably
because of...

OUTCOME

Feeling...
Think... Realise... Wonder... Question... Know...

Having
read... experienced... applied... described... analysed... learned...

I now...

I have learned that...

This means that...
This makes me feel...

This knowledge this understanding this skill

As important as it could be will be
to me as a learner because...
to me as a social worker because...

As a next step, I need to...

Because I want...

I will now need to...
I will now need to...

I still...
I still...

I do not...
I do not...

I am not...
I am not...

I have not yet

I have not yet

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Outcomes