

# Know Moore About...

## Becoming a Reflective Researcher

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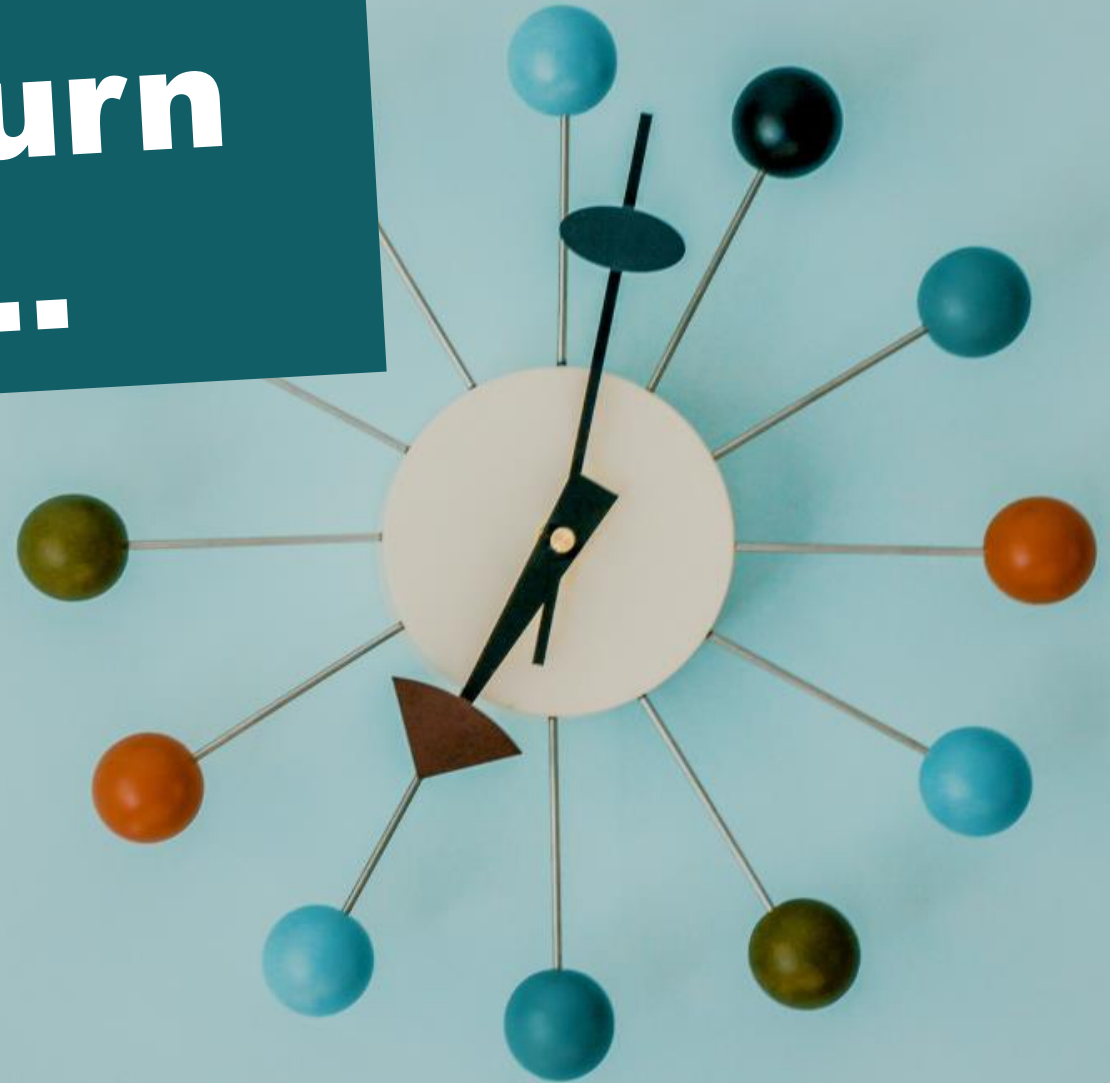
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# If you could turn back time....

- What would you change?
- How would you change it?
- What outcome would you want?



# Topics

- What is reflection and why is it useful?
- How can you use reflection?
- Models and barriers
- Introduction to reflective writing

# What?

“Reflective practice is the ability to reflect on one’s actions so as to engage in a process of continuous learning”

- Donald Schön

“We do not learn from experience ... we learn from reflecting on experience”

- John Dewey

# Why?

## Study

- Challenges assumptions
- Make connections
- Deal with feedback effectively

## Work

- Identify your skills
- Learn from situations
- Set achievable goals
- Aids creativity

## Wellbeing

- Deal with 'self-talk'
- Work/life balance
- Emotional intelligence

**When?**

Reflection **IN**  
action

Reflecting during an  
experience

Reflection **ON**  
action

Reflecting after an  
experience

# Positives or negatives?

## Positives

- Can be very motivating
- Enables you to replicate success
- Can overlook problems

## Negatives

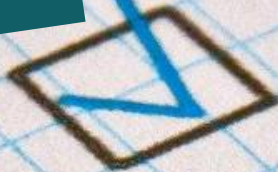
- Easy to learn from
- Always something to improve on
- Can cause negativity

# Academic reflection





# Feedback



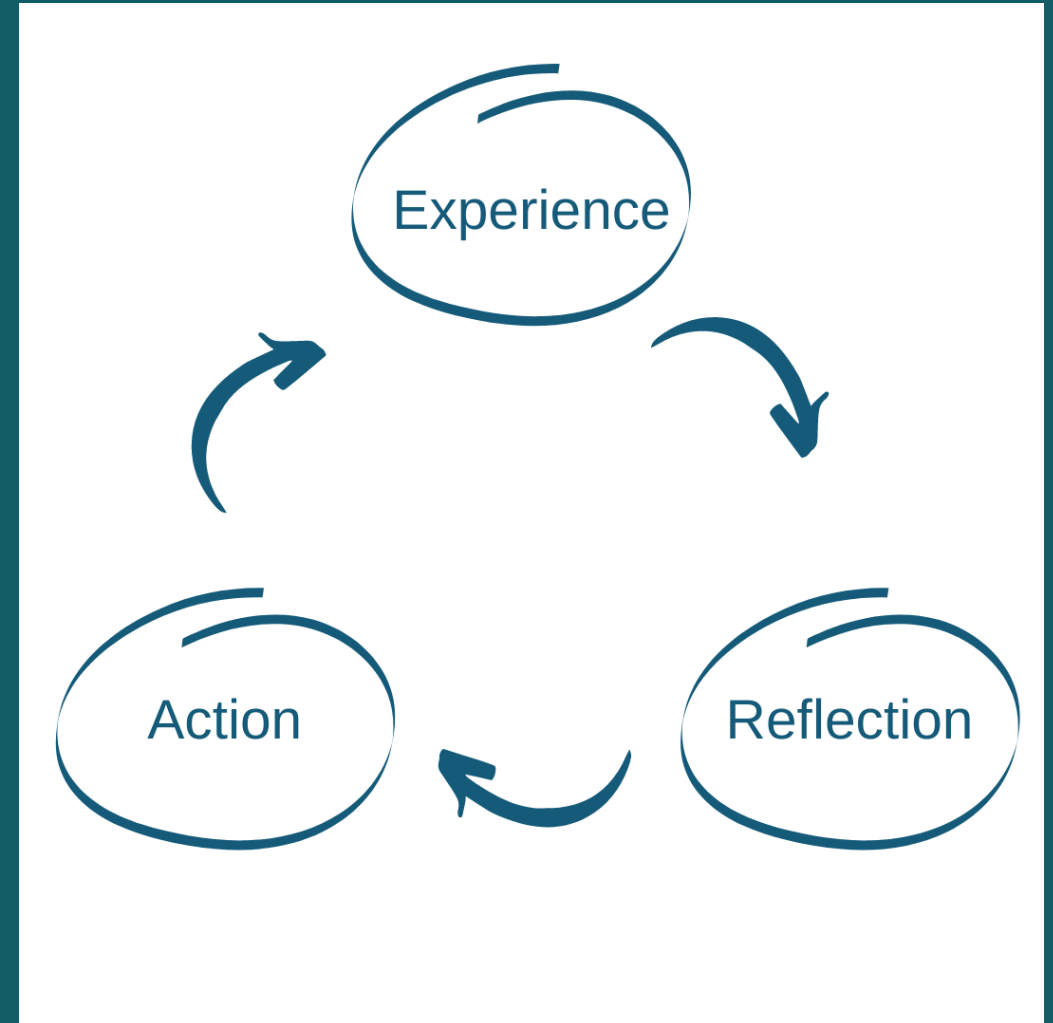


# Models of reflection



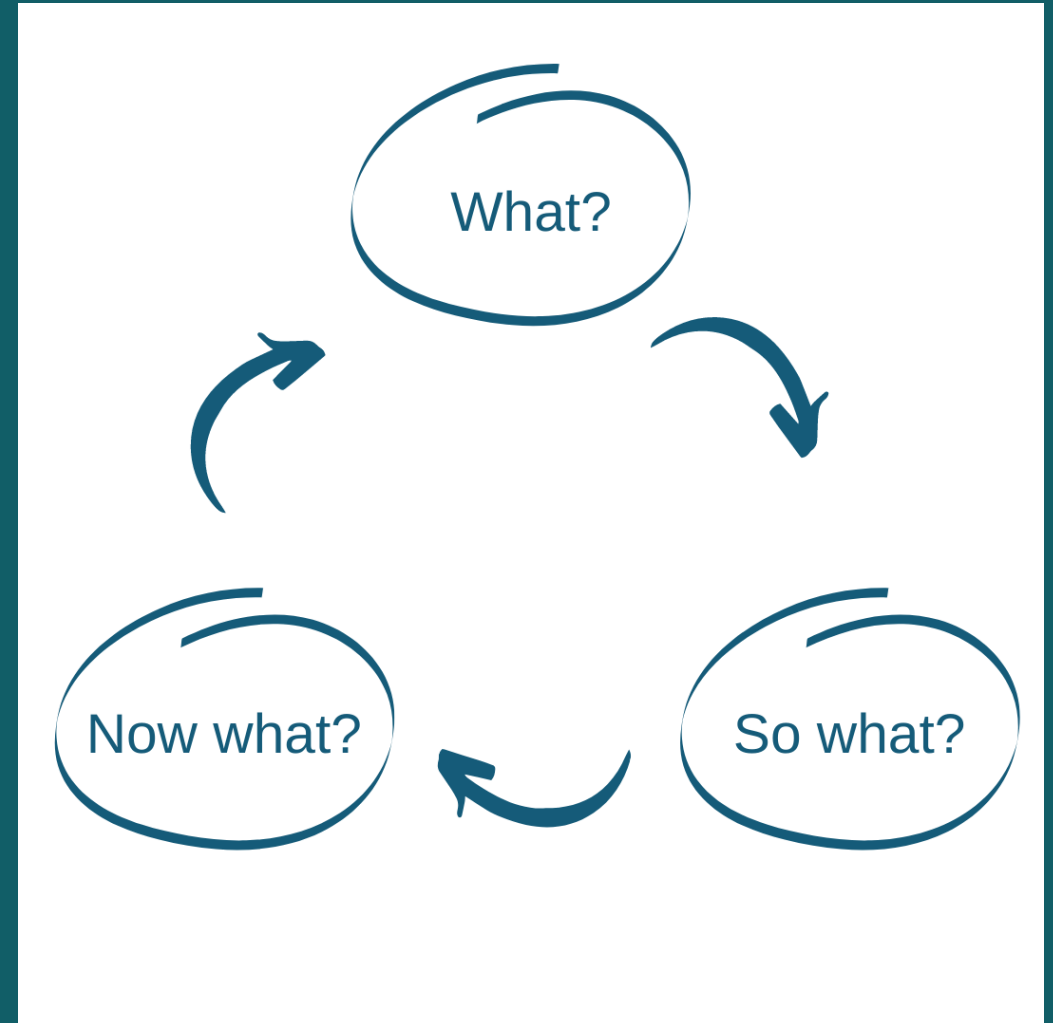
# ERA Cycle

- Experience can be new or recurring
- Examine your feelings about the experience
- Decide on your next steps



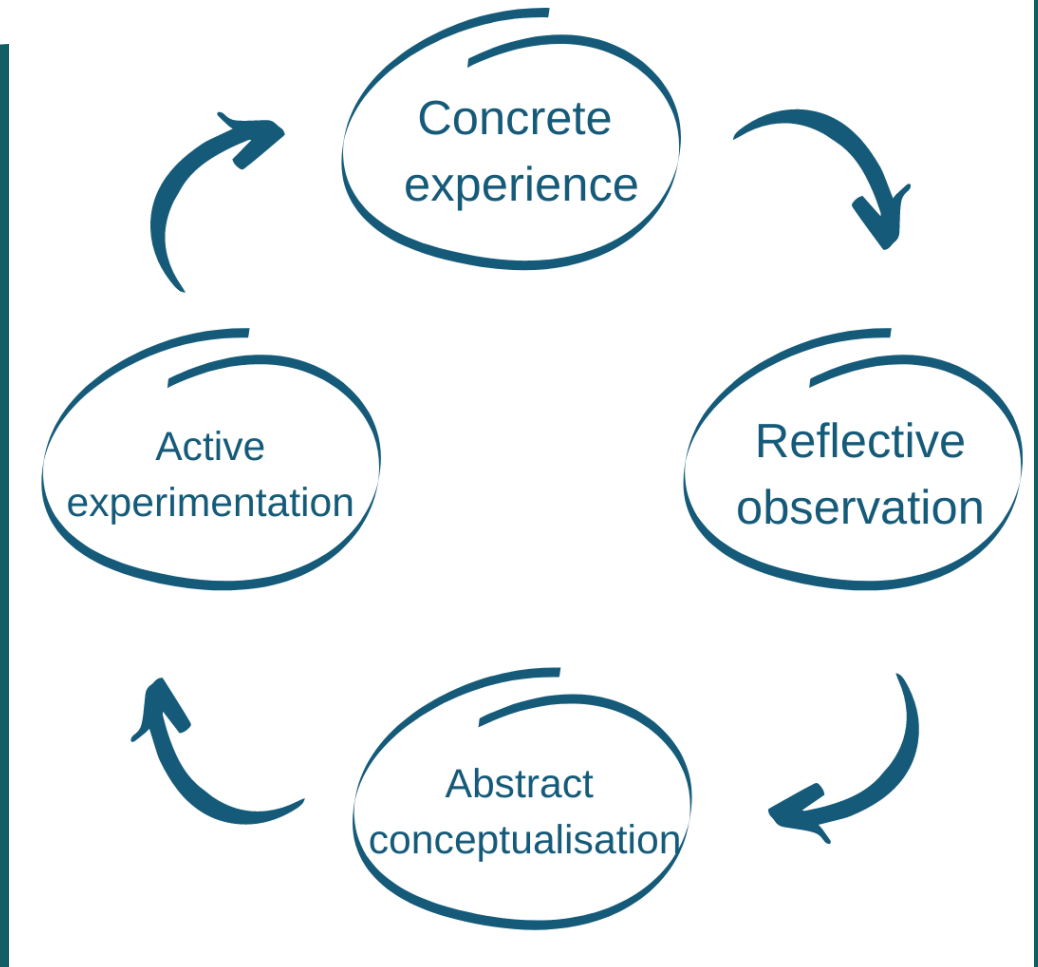
# What? model

- Briefly describe the experience
- Think about the result and why it matters
- Consider your actions (if any)



# Experiential Learning Cycle

- Note down anything new
- Think about how this relates to your own knowledge
- Apply this new knowledge



# Gibb's Reflective Cycle

- Includes a focus on feelings
- Evaluate the experience to try and make sense of it
- Build an action plan



# Pros and cons

## Pros

- Offer structure
- Provide a starting point
- Shows all levels
- Beginning, middle, end

## Cons

- Implies an order
- Is there a beginning?
- Might not apply
- Reflection is continuous

# Barriers to reflection

- No time
- Lack of skills
- Motivation
- Remember – the biggest barrier is often yourself!



# Reflective writing



Critically  
analyse an  
experience



Think  
about its  
impact



Outline  
what this  
means

**Remember:** be analytical not descriptive

# Reflective writing

Written in  
the first  
person

Free  
flowing

A time  
investment

Analytical

Subjective

A tool to  
challenge  
assumptions

# Reflective writing

“I observed my colleague working in the lab and thought that the methods they were using were really good.”

“I observed my colleague using a new methodology which I had not come across before. I had never considered using this method before but could see how it is a more efficient use of resources which achieve the same goal. I have since adapted the methodology for use with my own team and we will monitor the impact of this going forward.”



# Getting started 1

5 mins



## Free writing

- What could be happening?
- Why might this be happening?
- What might these people be thinking?
- What might happen next?

# Getting started 2

15 mins



## 1-2-3-4 What model

- One **experience**
- Two sentences which **describe** the experience
- Three sentences which **outline your feelings** on the experience and **anything you learnt from it**
- Four sentences on **what you will do as a result** of your experience

# More information

## Reflective Practice Toolkit

Introduction

**What is reflective practice?**

Everyday reflection

Models of reflection

Barriers to reflection

Reflective writing

Free writing

Reflective writing exercise

Summary

Bibliography

### What is reflective practice?

Imagine that you come home at the end of a really bad week where everything possible has gone wrong. When you walk in the front door you are confronted with a time machine which can take you back to Monday morning so you can live the whole week over again. You use this opportunity to think about everything that went wrong and what you could do (if anything) to correct things as well as trying to repeat the things that you have done right. It may not seem like it but this is reflective practice - the act of thinking about our experiences in order to learn from them for the future. In real life you probably don't have access to time travel but you can still work towards being a reflective practitioner. We can all undertake activities to think about our experiences, learn from them and develop an action plan for what we will do next.


Reflective practice was something which developed in disciplines such as teaching, medicine and social work as a way to learn from real life experiences. People in these areas would think about encounters with their students, patients or clients, how these worked and what lessons they could take away. Over time many other areas have adopted the principles of reflective practice, including universities. You can use reflection when studying, for example when preparing group work or when working on assignments. It is also useful beyond academia when you are applying for jobs, as part of a professional qualification or just as a way of thinking about your role.

Although a definition of reflective practice has been included above this is only one part of a larger process. Reflection is a very personal thing and different people will define it in different ways. It is important to remember that there is no one 'correct' way of defining what reflection is or how it should be done as a lot of this will depend on your own circumstances.

### Reflective practice

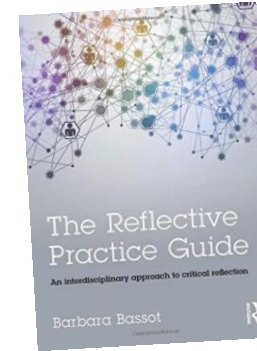
Reflective practice is the ability to reflect on one's actions so as to engage in a process of continuous learning.

- Wikipedia



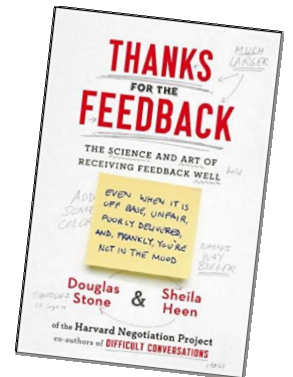
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<https://libguides.cam.ac.uk/reflectivepracticetoolkit/introduction>



The Reflective Practice Guide / Bassot

Thanks for the Feedback / Stone & Heen



Reflective Writing / Williams & Wolliams



# Questions?

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