

## Reflective Cycle for Social Worker

Reflecting on situations encountered during your role as a social worker can help you fully consider thoughts and feelings—your own and your clients’—before drawing conclusions.

Indeed, “successful reflection emphasizes the centrality of self-awareness and the capacity for analysis” (Rogers et al., 2020, p. 64).

Use the following template to reflect on events, incidents, and behaviors in a structured and systematic way.

Consider an event or situation and answer the following questions (modified from Gibbs, 1988):

1. **Description:** Describe what happened.

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

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

4. **Analysis:** Following further reflection and analysis, what else can you make of the situation?

5. **Conclusion:** What else could you have done?

6. **Action plan:** If the same situation occurred again, what would you do?

Note that the process of reflection is ongoing rather than having a fixed start and finish.

## References

- Gibbs, G. (1988). *Learning by doing: A guide to teaching and learning methods*. Oxford: Oxford Further Education Unit.
- Rogers, M., Whitaker, D., Edmondson, D., & Peach, D. (2020). *Developing skills & knowledge for social work practice*. Los Angeles: SAGE.

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