



Reflective Practice Writing Guide

Vocabulary aid

The following are just a few suggestions for words and phrases that might be useful for prompting reflective writing (adapted from Hampton, 2010).

For me, the [most]	{ important meaningful significant relevant useful	{ event(s) aspect(s) idea(s) experience(s) issue(s) activities	{ was (were)
		{ learning	{ happened when... resulted from... arose from... began after... became relevant for...
I have	{ developed improved enriched upgraded	{ my understanding of... my knowledge of... my ability to... my skills in...	
Having	{ analysed... applied... discussed... experienced... learned... read...	{ I now	{ feel... know... question... realise... think... wonder...
This knowledge This understanding This skill	{ is could be will be	{ essential important useful	{ to me in the workplace because...
Because I	{ did not... have not yet... am not yet certain about... am not yet confident with... do not yet know... do not yet understand...		{ I will now need to...
Previously, Initially, Subsequently, Later,	{ I	{ thought (did not think)... felt (did not feel)... noticed (did not notice)... questioned (did not question)... realised (did not realise)...	
Alternatively, this Equally, this	{ might be is perhaps could be is probably	{ because of... due to... explained by... related to...	

Hampton, M. (2010). Reflective writing: a basic introduction. Accessed 7 August 2014, <http://www.port.ac.uk/media/contacts-and-departments/student-support-services/ask/downloads/Reflective-writing---a-basic-introduction.pdf>