



Reflective Thinking

Study Development Worksheet

The table below mirrors **Kolb's reflective cycle** (1984).

Use the question prompts to guide your reflective note-taking.

<p>Concrete experience: What happened? What were your thoughts and feelings at the time?</p>	
<p>Reflective observation: Reflect on the experience – Why did this situation happen? What worked well and what didn't work? Why did I respond the way I did? How does this link to my skills and knowledge?</p>	
<p>Abstract conceptualisation: Learn from your experience – Why did the experience play out in this way? How could I improve? What could I have done differently?</p>	
<p>Active experimentation: Put your learning into practice - How can I apply what I have learnt to future situations?</p>	

Support: Study Development offers workshops, short courses, 1 to 1 and small group tutorials.

- Join a tutorial or workshop on the [Study Development tutorial and workshop webpage](#) or search 'YSJ study development tutorials.'
- Access our Study Success resources on the [Study Success webpage](#) or search 'YSJ study success.'