

Reflective Writing: Phrases

Like any genre of writing, reflective writing has its own form and flavour. The following are some suggested phrases that may be useful, presented in a three-part structure: *Description*, *Interpretation* and *Outcome*. Think of it as a choose-your-own-adventure story: select the words or phrases that best describe or analyse your experience. Always check your task instructions and marking guide for any advice from your lecturer.

Description (the short bit)

What happened? What is being examined?

Specific events or experiences are nearly always best described using the *past* tense. When describing an idea, such as a model, framework, or theory, it is generally best to use the *present* tense; for example: 'The biopsychosocial framework recognises...' (not 'recognised').

Interpretation (the important bit)

What is most important / useful / relevant about it?

How can your experience, object, event or idea be explained in the context of 'the theory'? Consider how similar to, and different from, others' perspectives your experience was.

Phrases to describe and interpret				
For me, the [most]	- meaningful - significant - relevant - important - useful	- aspect(s) - element(s) - experience(s) - issue(s) - idea(s)	was/were...	
		learning	- arose from ... - happened when ... - resulted from ...	
- Previously, - At the time, - At first, - Initially, - Subsequently, - Later,	I	- thought (did not think) ... - felt (did not feel) ... - knew (did not know) ... - noticed (did not notice) ... - questioned (did not question) ... - realised (did not realise) ...		
[Alternatively,] [Equally,]	This	- might be - is perhaps - could be - is probably	- because of ... - due to ... - explained by ... - related to ...	
This	- is similar to ... - is unlike ...	because ...		
[Un]Like ...	this	- reveals ... - demonstrates ...		



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Outcome (the impact bit)

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

Phrases to summarise and project				
Having	read ... experienced ... applied ... discussed ... analysed ... learned ...	I now	feel ... think ... realise ... wonder... question ... know ...	
[Additionally,] [Furthermore,] [Most importantly,]	I have learned that...			
I have	significantly slightly developed improved		my skills in ... my understanding of ... my knowledge of ... my ability to ...	
However, I have not	[sufficiently]			
This means that ... This makes me feel ...				
This understanding This skill	is could be will be	essential important useful	to me as a learner because ... to me as a practitioner because ...	
Because I	did not ... have not yet ... do not yet know ... am not yet certain about ... am not yet confident about ... do not yet understand ...	I will now need to ...		
As a next step, I need to...				

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