

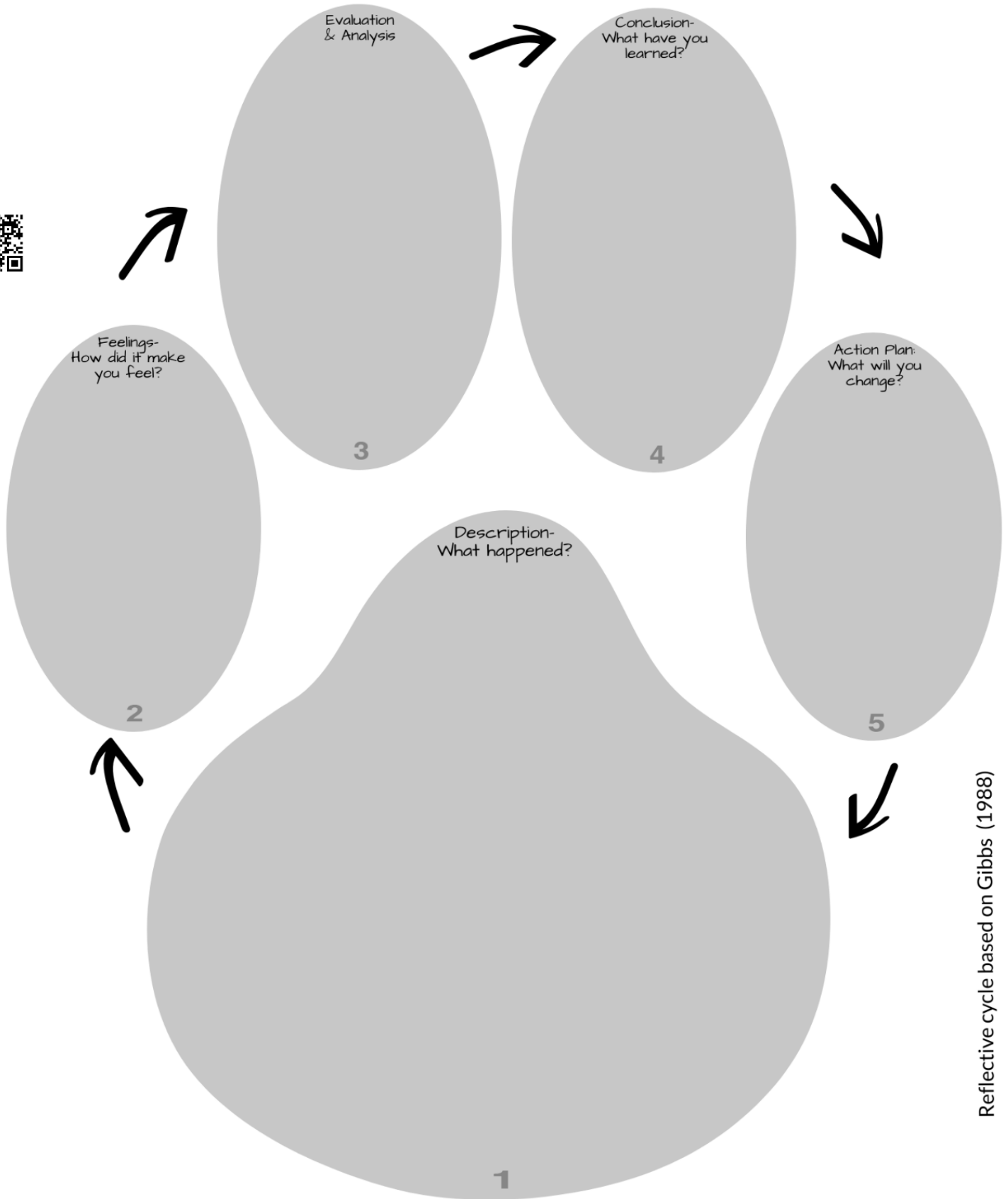
panda 'Paws' for Thought

education & training



or scan

For guidance on reflection using Gibbs cycle, visit > <https://bit.ly/pawsforthought>



Reflective cycle based on Gibbs (1988)



"Learning without reflection is a waste. Reflection without learning is dangerous".
Confucius