# Reflective template based on Gibbs reflective cycle

**Student name: Student ID no:**

**Date of peer review: Date of self-appraisal:**

**Instructions:** Complete this self-appraisal tool following your peer review assessment day. Once completed, submit this form and a copy of your clinical skills appraisal tool as artefacts in your professional portfolio.

**Providing feedback**

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| **Suggested reflective questions to ask yourself** | **Student response** |
| **Describe the experience:**   * What skill were you reviewing? * What happened during the review? * Did the reviewee achieve a satisfactory result? * How did the reviewee respond to your feedback? |  |
| **Feelings:**   * What were you feeling before, during and after giving feedback to the reviewee? * What do you think the reviewee was feeling during the review and while receiving feedback? * What were you thinking about while reviewing the skill and providing feedback? * What do you think about the review now? |  |
| **Evaluation:**   * What was good and bad about providing feedback? * What went well when providing feedback? * What didn’t go so well when providing feedback? |  |

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| **Suggested reflective questions to ask yourself** | **Student response** |
| **Analysis:**   * Why did it go well? * Why didn’t it go well? |  |
| **Conclusion:**   * What did I learn from providing feedback to others? * How can I improve my ability to provide constructive feedback? * In what circumstances will I provide feedback as a registered nurse? |  |
| **Action plan:**   * What would I do differently next time I gave feedback to others? * What skills do I need to develop? * How will I develop these skills? |  |