**Framework to plan reflective essays**

Reflective essays are different from other kinds of essays as they start with thinking about your own experience. Adapt this template to suit your title.

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| **Reflective essays** | |
| **Title** |  |
| **Define the limits of the question** |  |
| **Options for my position on this** |  |
| **My experience** |  |
| **My position (thesis)** |  |
| Background |  |
| The event   * What happened? * Consequences * How I felt * Any later outcomes |  |
| What I learnt |  |
| Relate the experience to specific theories: (what X said…) |  |
| Relate to the broader field |  |
| Any broader lessons? |  |
| **Synthesis/ conclusions / ultimate position** | |
|  | |

See also: The Study Skills Handbook, pages 335 and 339.