Know Moore About...

Becoming a Reflective Researcher

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If you could turn back time....

- What would you change?
- How would you change it?
- What outcome would you want?
What is reflection and why is it useful?

How can you use reflection?

Models and barriers

Introduction to reflective writing
“Reflective practice is the ability to reflect on one’s actions so as to engage in a process of continuous learning”

- Donald Schön

“We do not learn from experience … we learn from reflecting on experience”

- John Dewey
Why?

**Study**
- Challenges assumptions
- Make connections
- Deal with feedback effectively

**Work**
- Identify your skills
- Learn from situations
- Set achievable goals
- Aids creativity

**Wellbeing**
- Deal with ‘self-talk’
- Work/life balance
- Emotional intelligence
When?

Reflection IN action

Reflecting during an experience

Reflection ON action

Reflecting after an experience

Schön (1991)
Positives or negatives?

**Positives**
- Can be very motivating
- Enables you to replicate success
- Can overlook problems

**Negatives**
- Easy to learn from
- Always something to improve on
- Can cause negativity
Academic reflection
Feedback
Models of reflection
Experience can be new or recurring
Examine your feelings about the experience
Decide on your next steps
What? model

- Briefly describe the experience
- Think about the result and why it matters
- Consider your actions (if any)
Experiential Learning Cycle

- Note down anything new
- Think about how this relates to your own knowledge
- Apply this new knowledge
Gibb’s Reflective Cycle

- Includes a focus on feelings
- Evaluate the experience to try and make sense of it
- Build an action plan
Pros

- Offer structure
- Provide a starting point
- Shows all levels
- Beginning, middle, end

Cons

- Implies an order
- Is there a beginning?
- Might not apply
- Reflection is continuous
Barriers to reflection

- No time
- Lack of skills
- Motivation
- Remember – the biggest barrier is often yourself!
Reflective writing
Think about its impact

Outline what this means

Remember: be analytical not descriptive
Reflective writing

- Written in the first person
- Free flowing
- Analytical
- Subjective
- A time investment
- A tool to challenge assumptions

Adapted from The Reflective Practice Guide: an Interdisciplinary Approach / Barbara Bassot.
“I observed my colleague working in the lab and thought that the methods they were using were really good.”

“I observed my colleague using a new methodology which I had not come across before. I had never considered using this method before but could see how it is a more efficient use of resources which achieve the same goal. I have since adapted the methodology for use with my own team and we will monitor the impact of this going forward.”
Free writing

- What could be happening?
- Why might this be happening?
- What might these people be thinking?
- What might happen next?
1-2-3-4 What model

- One experience
- Two sentences which describe the experience
- Three sentences which outline your feelings on the experience and anything you learnt from it
- Four sentences on what you will do as a result of your experience
Questions?

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