**Reflective Writing - Sentence Starter**

 **Interpretation Phase**

Previously, thought (did not think)

At the time, felt (did not feel)

At first, knew (did not know)

Initially, I noticed (did not notice)

Later, questioned (did not question)

Subsequently, realised (did not realise)

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For me, the [most] meaningful aspect(s) happened when…

 significant element(s) arose from…

 important experience(s) resulted when…

 relevant issue(s) was (when)….

 useful idea(s)

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 might be because of….

This could be due to….

 is probably explained by…

 is perhaps related to…

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This is similar to

 is unlike because…

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[Un]like… this reveals….

 demonstrates….

**Outcome Phase**

 read… feel…

 experienced… think…

Having discussed… I now realise…

 applied… wonder…

analysed… question…

learned… know…

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I have significantly/slightly developed my skills in…

 improved my understanding of…

However, I have not [sufficiently]… my knowledge of….

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This knowledge is essential to me as a learner because….

This understanding could be important to me as a practitioner because….

This skill will be useful

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 did not…

 have not yet…

Because I am not certain about… which means as a next step…

 am not yet confident about… I will now need to…

 do not yet know…

 do not understand…