**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…

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

[Un]like… this reveals….

demonstrates….

**Outcome Phase**

read… feel…

experienced… think…

Having discussed… I now realise…

applied… wonder…

analysed… question…

learned… know…

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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…