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# Reflecting thinking: the learning cycle

Foundation of European Thought: A Business  
Ethics perspective.  
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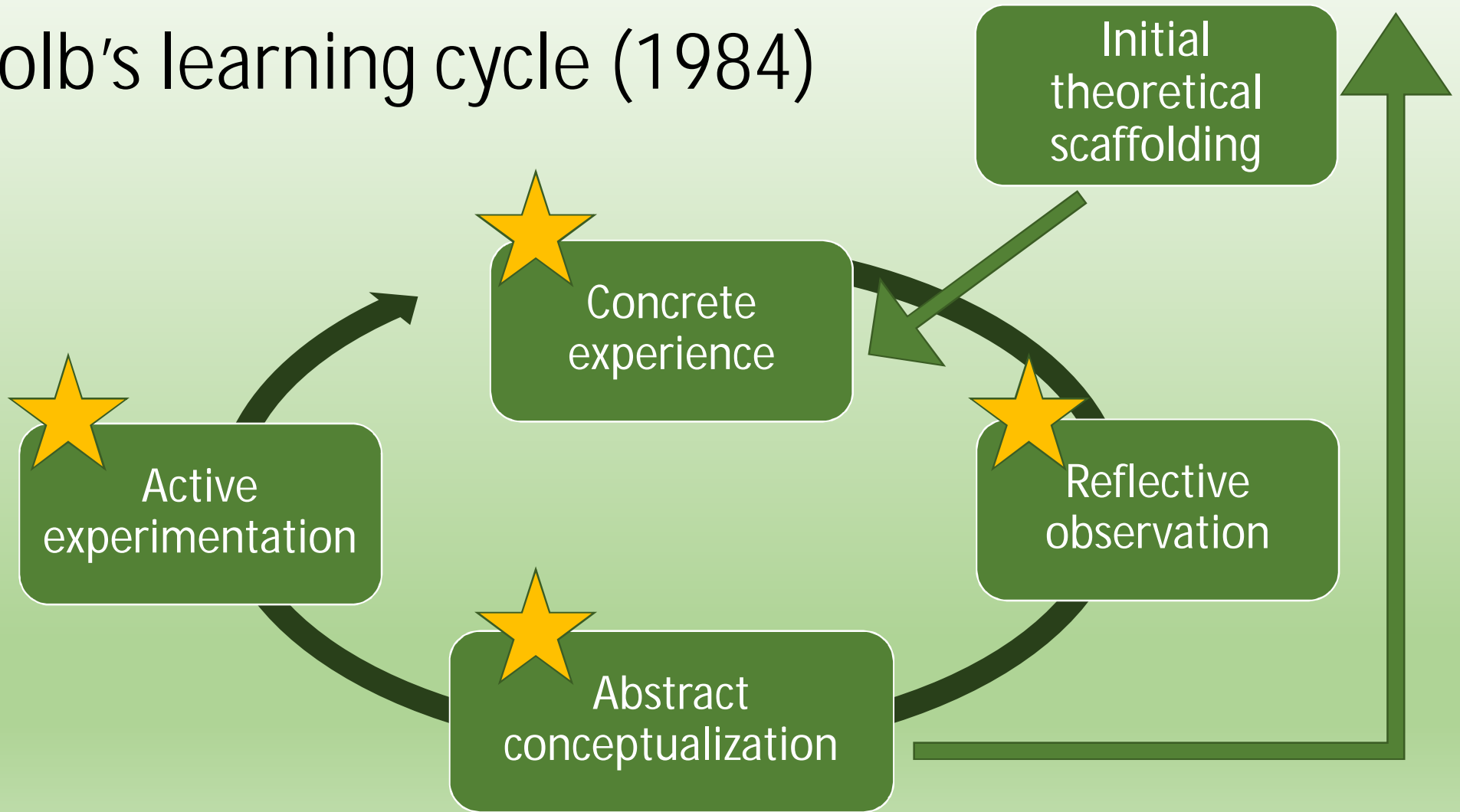


# Reflective thinking

- In an academic context, reflective thinking involves analysing and learning from what took place, thinking carefully about what the event or idea means for you and your on-going progress as a learner.



# Kolb's learning cycle (1984)





# Reflective writing

- Reflective writing is different from most other forms of academic writing because it calls on you to express your own views on an experience, and is thus more personal than other kinds of academic writing.
- Reflective writing is evidence of the reflective thinking. Writing, after all, is the process of making your thinking visible on paper.



# Reflective writing

- *It is purposeful*
- *It is personal*
- *It is perceptive*