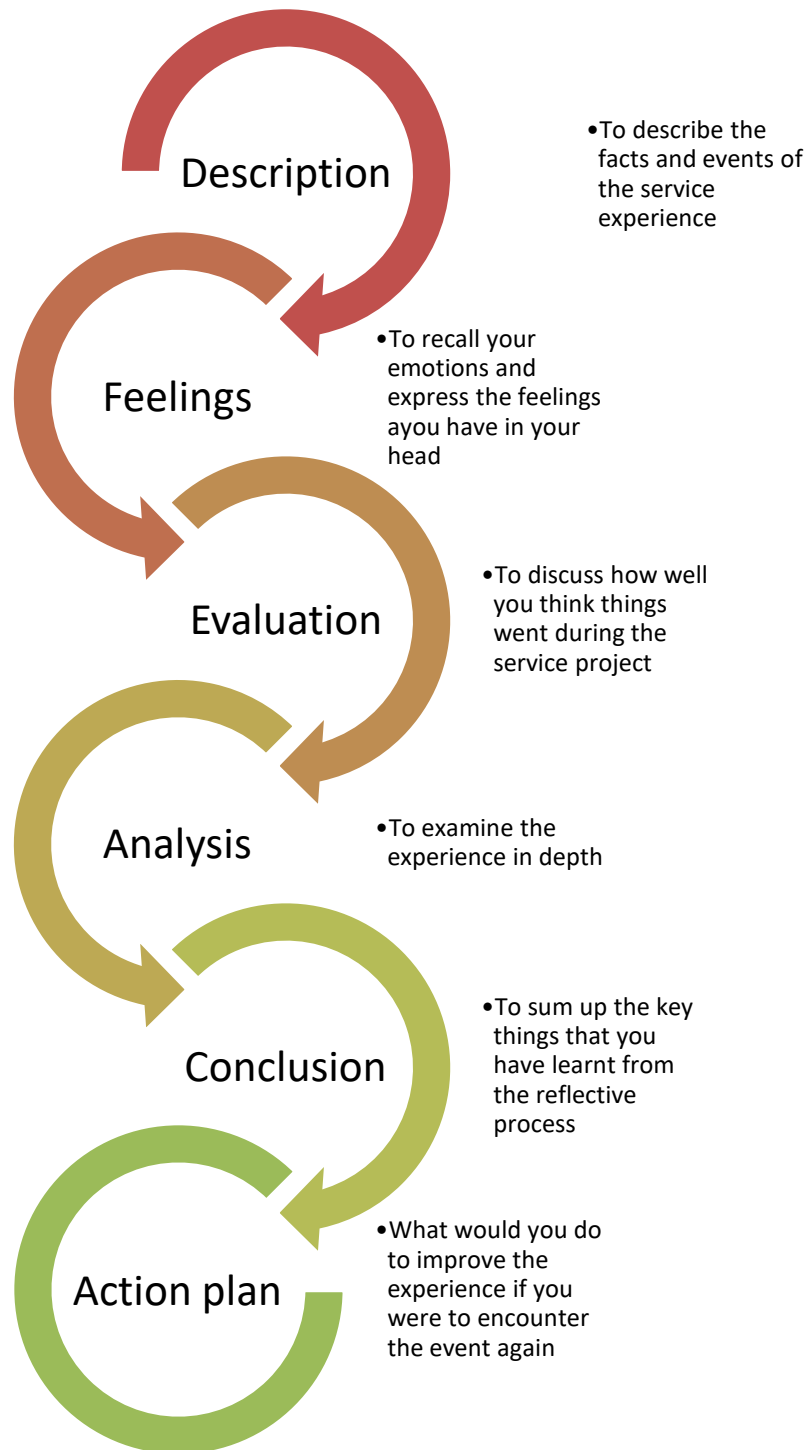


## Gibb's Six-Stage Reflective Cycle



### Reference:

University of Cumbria. Gibb's (1988) reflective cycle, *Academic Liaison, Employability and Skills (ALES)*. Retrieved from:

<http://www.cumbria.ac.uk/Public/LISS/Documents/skillsatcumbria/ReflectiveCycleGibbs.pdf>