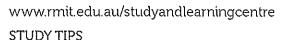
#### STUDY AND LEARNING CENTRE





# REFLECTIVE WRITING: DIEP

Reflective writing aims to get you to think about and understand your learning experiences. Reflective writing can be included in a variety of different assignment tasks. It can include keeping a reflective journal or learning log with multiple entries – particularly for professional placements – or be part of an essay or report.

This outline is one approach to reflective writing, using a DIEP strategy.

#### The DIEP strategy

The four steps in this approach (adapted from Boud, D 1985, *Reflection: Turning Experience into Learning*) are to describe, interpret, evaluate and plan.

#### D - Describe objectively what happened.

· Answer the question: 'What did I do, read, see, hear, etc?'

#### I – Interpret the events.

- · Consider why events happened in the way they did. Explain:
  - what you saw and heard
  - your new insights
  - your connections with other learning
  - your feelings
  - your hypotheses and/or conclusions
- · Answer the question: 'what might this mean?'

## E - Evaluate the effectiveness and usefulness of the experience

- Make judgements that are clearly connected to observations you have made.
- · Answer the questions:
  - What is my opinion about this experience?
  - What is the value of this experience?
  - Why do I think this?

## P - Plan how this information will be useful to you.

- Consider: In what ways might this learning experience serve me in my:
  - course
  - program
  - future career
  - life generally
- Answer the question: 'How will I transfer or apply my new knowledge and insights in the future?'

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#### STUDY TIPS

# DIEP strategy for writing a reflection

In your entries, attempt to:

- analyse your own performance as a learner
- evaluate your gains in understanding and completing tasks
- verbalise how you feel about your learning
- make connections with other experiences, ideas
- demonstrate transfer of learning
- integrate the concepts taught in courses (including the literature where relevant)

The following is a writing strategy for reflective journal entries in four paragraphs.

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|---|
| D - Describe objectively what happened Choose something that you learned. Give the details of what happened. Answer the question: 'What did I do, read, see, hear?'   |
| I Interpret the events Explain your learning: new insights, connections with other learning, your feelings, hypotheses, conclusions. Answer the questions: 'What was the reason I did this activity?'/'What might it mean?' |
| E — Evaluate what you learned  Make judgments connected to observations you have made. Answer the question: 'How is this useful?'   |
| P – Plan how this learning will be applied  Comment on its relevance to your course, program, future profession, life Answer the question: 'How might this learning apply in my future?'                                    |