Notes – Anna’s story

First account

This account is descriptive and it contains little reflection,

It may tell a story and generally one point at a time is made.

Ideas tend to be linked by the sequence of the account / story rather than by meaning

The account describes what happened, sometimes anticipating the future – but all in the context of an account of the event.

There is extraneous info – e.g. what had for breakfast, where catches bus.

There are references to emotional reactions but they are not explored and not related to behaviour

The account may relate to ideas or external information but these are not considered or questioned and the possible impact on behaviour or the meaning of events is not mentioned.

- E.g. doesn’t blame herself for the situation
  - No mention of changing behaviour

There is little attempt to focus on particular issues. Most points are made with similar weight.

Descriptive rather than reflective piece of writing – though it could serve as a basis on which reflection might start, signalling points and issues for further reflection.

Seems like an immediate reaction to the situation.
Notes – Anna’s story

Account 2

In a reflective account – description only serves the process of reflection, covering the issues for reflection and noting their context.

Evidence of standing back from an event and there is mulling over and internal dialogue.

Recognises that the frame of reference with which an event is viewed can change – e.g. recognises that it is her fault rather than the bus, invigilator.

Shows a critical awareness of one’s own processes of mental functioning – including reflection.

The account recognises that events exist in historical or social context that may be influential on a person’s reaction to them.

Self questioning is evident (there’s an internal dialogue set up). This looks at different viewpoints.

The view and motives of others are taken into account and considered against those of the writer.

Recognises the role of emotion in shaping the ideas and recognition of the manner in which different emotional influences can frame the account in different ways.

Recognition that prior experience, thoughts (own and other's) interact with the production of current behaviour.

There is observation that there is learning to be gained from the experience and the points for learning are noted.

There is recognition that the personal frame of reference can change according to the emotional state in which it is written, the acquisition of new information the review of ideas and the effect of time passing.