Features of the accounts that are indicative of different levels of reflection

The Presentation (1)
This account is descriptive and it contains little reflection.

- The account describes what happened, sometimes mentioning past experiences, sometimes anticipating the future – but all in the context of an account of the event.
- There are some references to Marianne’s emotional reactions, but she has not explored how the reactions relate to her behaviour.
- Ideas are taken on without questioning them or considering them in depth.
- The account is written only from Marianne’s point of view.
- External information is mentioned but its impact on behaviour is not subject to consideration.
- Generally one point is made at a time and ideas are not linked.

The Presentation (2)
An account showing evidence of some reflection.

- There is description of the event, but where there are external ideas or information, the material is subjected to consideration and deliberation.
- The account shows some analysis.
- There is recognition of the worth of exploring motives for behaviour
- There is willingness to be critical of action.
- Relevant and helpful detail is explored where it has value.
- There is recognition of the overall effect of the event on self – in other words, there is some ‘standing back’ from the event.

The account is written at one point in time. It does not, therefore, demonstrate the recognition that views can change with time and more reflection. In other words the account does not indicate a recognition that frames of reference affect the manner in which we reflect at a given time.

The Presentation (3) (You may not yet have been given the third part of The Presentation)
This account shows quite deep reflection, and it does incorporate a recognition that the frame of reference with which an event is viewed can change

- Self questioning is evident (an ‘internal dialogue’ is set up at times) deliberating between different views of her own behaviour (different views of her own and others).
- Marianne takes into account the views and motives of others and considers these against her own.
- She recognises how prior experience, thoughts (own and other’s) interact with the production of her own behaviour.
- There is clear evidence of standing back from an event.
- She helps herself to learn from the experience by splitting off the reflective processes from the points she wants to learn (by asterisk system).

- 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.