

UNDERSTANDING GIBB'S AND KOLB'S LEARNING CYCLE BY 4 AS & RELATING THESE WITH REFLECTIVE WRITING MODEL

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Abstract: Gibb's And Kolb's Learning Cycles describe, how human being learn from any experience. Both the cycles have almost similar four stages. Any experience (stage I) generates affect (stage II) then can be analysed (stage III) and finally actions plan (stage IV) should be made for future. Reflective writing model, that MCI/NMC suggests, include- What happened, So what and What next as headings. The headings of the Reflective writing model can be related with the stages of Gibb's And Kolb's learning cycles. What happened relates with stage I, So what with stage II & III and What next with stage IV.

Key words: AETCOM, Reflective Writing, 4As, Learning Cycle

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1) Introduction or context-

Reflective writing has been introduced in new CBME driven MBBS curriculum in a big way. In fact, it is supposed to be used as a hybrid tool, both for teaching -learning as well as for formative assessment [1].

Specially for implementation of Attitude, Ethics & Communication (AETCOM), reflective writing plays a very significant role [2].

Majority of the AETCOM modules suggest implementation in form of, first Sensitization followed by Immersion or experiential learning, which in turn is followed by Reflective writing [2]. Obviously, both faculties as well as students should understand it thoroughly [3].

2) Understanding Gibb's and Kolb's learning cycle by 4 As

Both Gibb's and Kolb's learning cycle include reflection as one of the important parts of learning from experience [4, 5].

Kolb's learning cycle describes four elements for learning [4, 6]. These steps are as the following.

- i) A concrete experience,
- ii) An observation and reflection,
- iii) Formation of abstract concepts and
- iv) Testing in new situations.

The Gibbs' reflective cycle (1988) also describes steps of experiential learning by and large on similar steps [4, 7]. These steps are as the following.

- i) A clear description of the situation,
- ii) Analysis of feelings,
- iii) Evaluation of the experience and
- iv) An analysis to make sense of the experience and reflection upon experience to examine what one would do if the situation arose again.

Both of these cycles can be summated and remembered as the following by 4 As

Reflection and summary of Gibb's and Kolb's learning cycle (by 4 As - AAAA as Mnemonic) -

1st A- Any Experience that we encounter (stage I).

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2nd A- Affect / Feelings (both good and bad) are generated by that experience (stage II).

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3rd A- Analysis, theorising and concluding the affect and experience leads to holistic and personal learning (stage III)

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4th A- Action plan for future can be prepared based on the learning to be used in similar situation. Obviously it will provide better outcome. (stage IV)

3) Relating reflective writing model with Gibb’s and Kolb’s learning cycle

Model selected for Indian students to reflect upon has 3 headings- What happened, So what and What next [2].

This model relates completely with Gibb’s and Kolb’s learning cycle. Understanding this relation clarifies and consolidates the concept of the model. The following table explains this relationship.

Component of Gibb’s and Kolb’s learning cycle	Heading of the reflective writing model
<u>A</u> ny Experience that we encounter_(stage I).	What happened- means wiring down the experience and

References-

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	personnel involved
<u>A</u> ffect / Feelings (both good and bad) are generated by that experience. (stage II). & <u>A</u> nalysis, theorising and concluding the affect and experience leads to holistic and personal learning. (stage III).	So what- Holistic leaning, emotions generated, personal changes, psychological changes with their analysis is included in so what.
<u>A</u> ction plan for future can be prepared based on the learning to be used in similar situation. Obviously it will provide better outcome. (stage IV).	What next- It includes how to utilise this learning for the befits of patients and society.

4) Conclusion-

4 As (Any Experience, Affect, Analysis and Action plan) as a mnemonic can be used to summate and remember Gibb’s and Kolb’s learning cycle. Reflective writing model selected that include-What happened, So what and What next as headings is related and actually derived by these two learning cycles. Understanding this relation helps to practice Reflective writing more effectively.

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