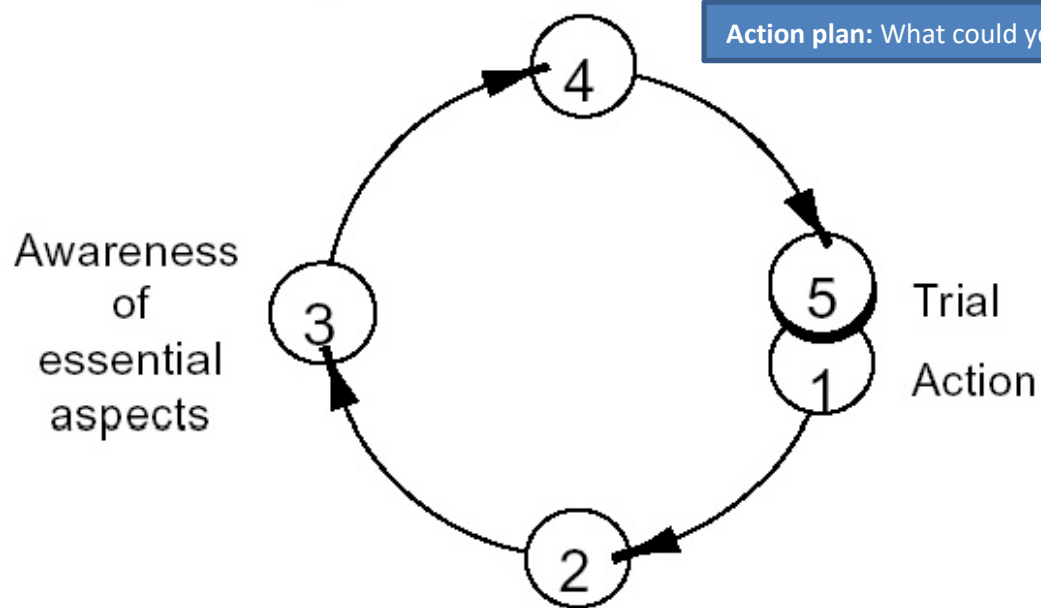


Korthagen's ALACT cycle of reflection

Creating alternative methods of action

Evaluation: What was good/bad about the experience?
Analysis: What can you take from the event for yourself? What else could you have done?
Goal setting: What is the essential aspect you want to change?



Looking back on the action

Description: What happened? Who was doing what?
Feelings: What were you thinking and feeling? What were the others thinking and feeling?