

## What is reflection?

### Handout J3

The following exercise will help you develop different styles of journal writing. You may find these useful when developing your own theatre journal writing style.

### Descriptive writing

Write an objective description of a significant theatre experience in your life. Avoid any reflection or emotion and simply present the facts. Write in the third person and do not give any indication of the significance of the experience.

### Personal writing

Start again. Write a description of the same significant theatre experience, but this time write it in the first person, as a personal experience. Explain your thoughts and feelings.

### Reflective writing

Start again. Write about the significance of the theatre experience and the impact it has had on your work, your approaches and your perspectives. Describe only what is necessary to illustrate its significance. Write in the first person.

Inspiration for this activity from Moon, JA. 2006. *Learning journals: A handbook for reflective practice and professional development*. Abingdon, Oxon, UK. Routledge.