DIEP Outline for Writing Reflective Journals

D – Describe objectively what occurred
Give the details of what occurred.
Answer the question: What did I do, read, observe, hear?

I – Interpret the events
Explain your learning: new insights, connections with other learning, your feelings, hypotheses, conclusions.
Answer the questions: What was the purpose of this activity? What does it mean for the organization, its customers/clients/employees? What is the connection with what I have learned?’

E – Evaluate what you learned
Make judgments connected to observations you have made.
Answer the questions: How was this useful? What is my opinion about this experience? What is the value of this experience? Why do I think this?

P – Plan how this learning will be applied
Comment on its relevance to your course, program, future career and/or life.
Answer the question: How might this learning apply in my future?