I mentioned Jennifer Moon's book as a really good general reference for reflective learning and reflective writing. There are lots of other models of reflection, but personally I like hers the best. For those of you who are interested in learning more about this, here is a link to a PDF of her whole book (2004), that I was making reference to:

http://perpustakaandeajulia.weebly.com/uploads/1/8/2/6/18261275/a handbook of reflective and experiential learning - theory and practice.pdf