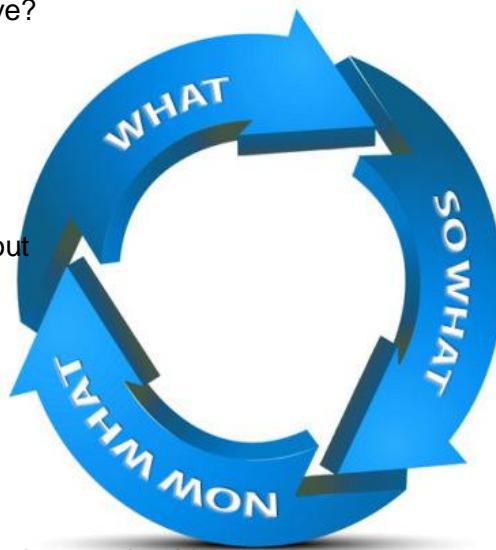


Rolfe et al Reflective

WHAT:

- Is the problem / situation?
- Was my role?
- Was I trying to achieve?
- Actions did I take?
- Was response of others?
- Were the consequences?
- Were my feelings?
- Was good or bad about the experience



SO WHAT?

- Does this teach me?
- Does this mean – to me and to others?
- Could I have done differently?
- Knowledge or skills did I bring to the situation?
- Is my understanding on the situation and my actions now?
- Could I have done differently?

NOW WHAT?

- Do I need to do to make things better?
- Broader issues need to be considered?
- Might the consequences be?
- Will I do differently next time?

