

Reflection Record

The following reflection is based on the work of Rolfe et al (2001). It has been designed as a simple way of learning from experience, evaluating the experience and identifying further action.

What?

What happened? What did I do? How did I feel? What was good or bad? How did others respond? What were the consequences?

So What?

So what did I learn from this? What did I base my actions on? What could I have done differently? What is my new understanding of the situation?

Now What?

What do I need to do differently? Are there things I need to learn or consider? What do I need to do next time?

