

Reflection & Reflective Models



Elements of critical reflection

- **Select** the event/experience/aspect of practice to be analysed
- Examine the **reasons** for actions taken, and the **consequences**
- Look at the experience from a **variety of angles and different perspectives**
- Draw on **evidence, research, theory** and **professional knowledge**
- Actively look for **meaning** and identify **key insights** from the experience
- Use your insights to **make changes** and do things **differently in future**

(based on Cottrell, 2017, p. 188)

Gibbs' Reflective Cycle

Developed by Graham Gibbs and published in his 1988 book *Learning by Doing*

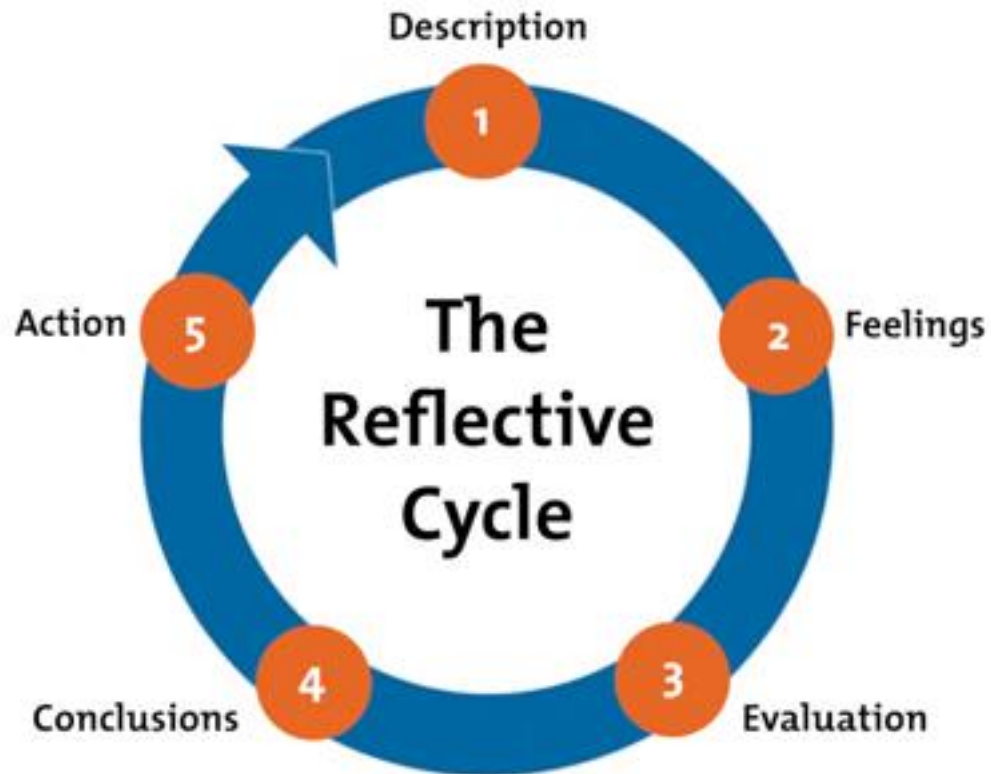


Image from Mind Tools (2023)

The *What, So What, Now What?* Model

What?

- What was the experience?
- What happened?
- What did you do?
- Who else was involved?

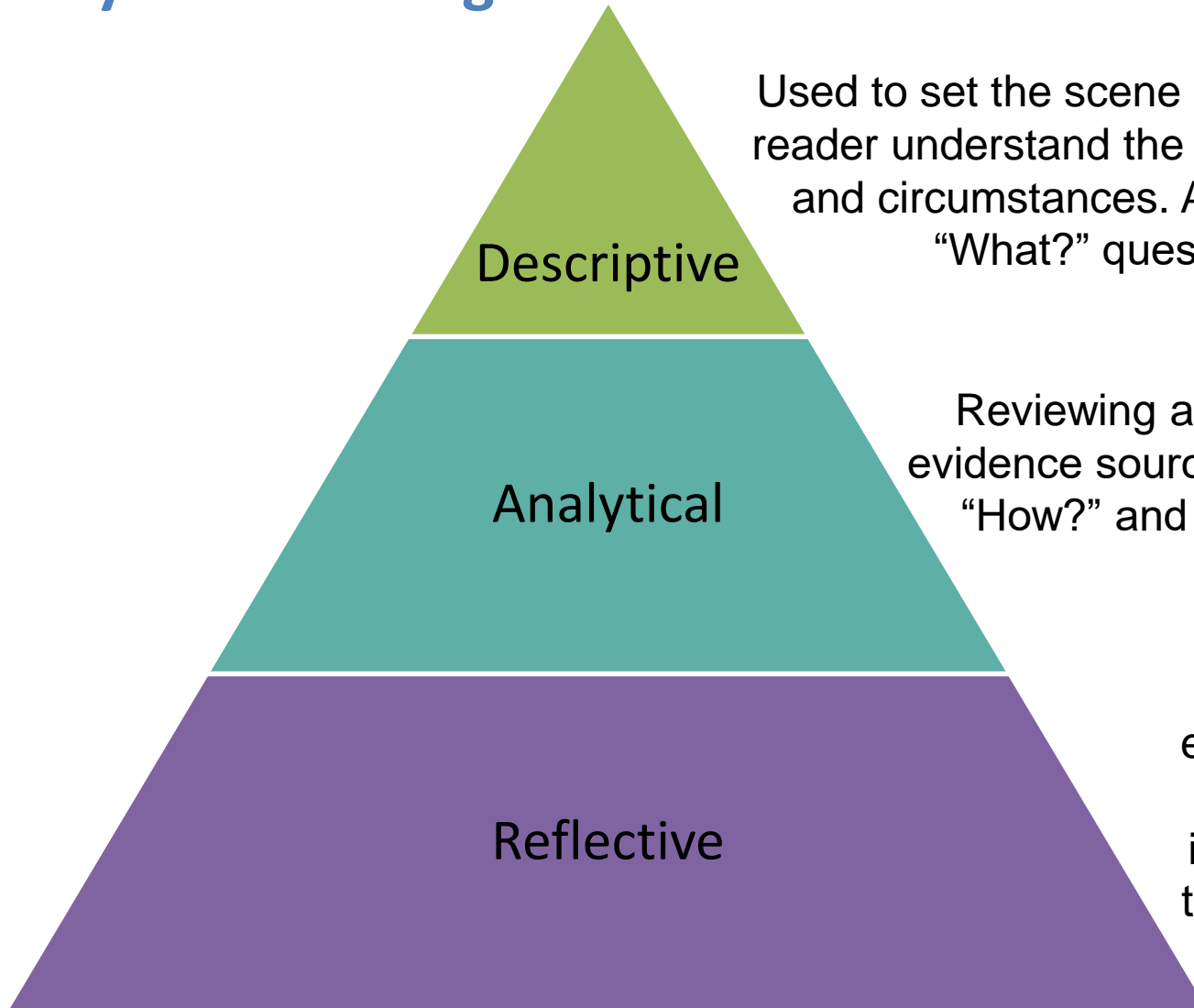
So what?

- What is the significance?
- How did you feel?
- Why did you react in this way?
- What influenced your feelings and reactions (e.g. past situations)?

Now what?

- What have you learnt from the experience?
- What would you do differently next time?

Styles of writing



Used to set the scene and helps the reader understand the key principles and circumstances. Answers the “What?” question.

Reviewing and comparing different evidence sources; Answers the “Why?”, “How?” and “So what?” questions.

Adding personal experience and learning; focuses on future improvements. Answers the “What if?” and “What next?” questions.

Based on University of Reading (2023)

To be continued on Day 2...

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Any Questions?



Andrew Brown
Library Services Manager
John Jamison Library
Wexham Park Hospital
andrew.brown22@nhs.net
Tel: 03006 154856