



Reflection Learner Guide

Learning Objectives

- Describe what reflective practice is
- Discuss why reflective practice is important in the everyday work environment
- Discuss the barriers to reflection
- Describe the differences between reflection and rumination
- Apply a structure model of reflective practice - 'What / So What /What Now' model

Simple Daily Reflection

What 3 things went well today?

What 3 things would I do differently?

Model for Reflection for discussion - What, So What, What Now?

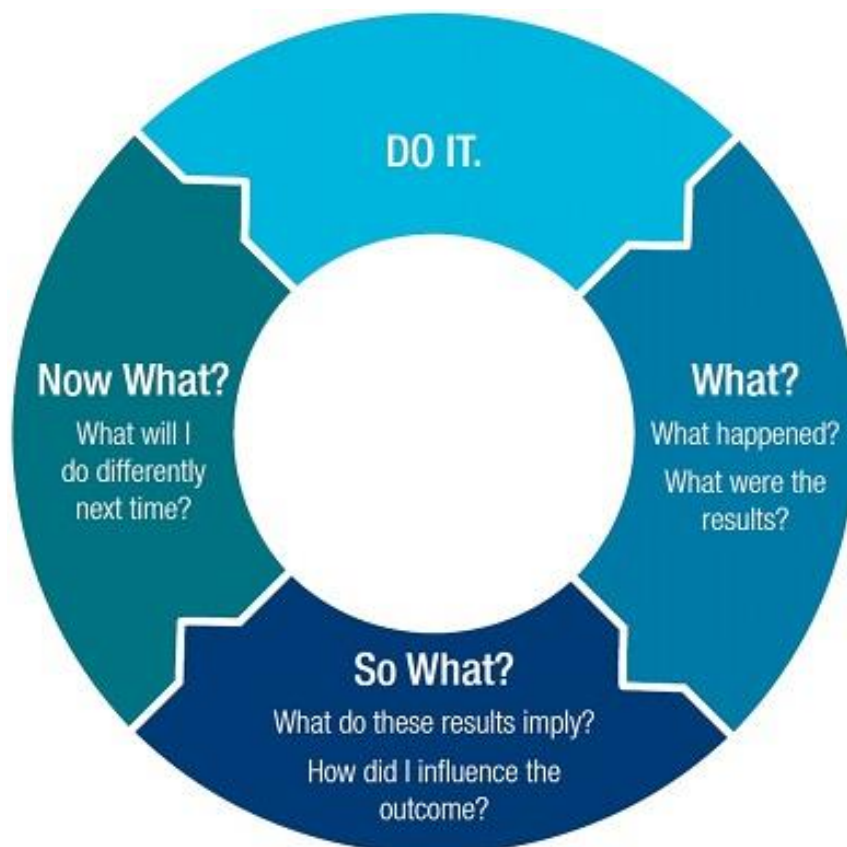


Figure 1: Reflection model. Burton AJ (2000). Reflection: nursing's practice and education panacea? *J Adv Nurs*; 31(5):1009–1017.

Now what? (What will I do differently next time? What learning or professional development do I need to focus on for a better outcome?):