

Driscoll's Model of Reflection (1994)



Date of reflection:

What?

*What did I and others do? What did I read? What actions did I take? What did I conduct?
What was the event?*

So What?

*So what did I feel? So what insights did I have? So what did I learn? So what went well/didn't
go well? So what is important about this and why?*

Now What?

*Now what will I do moving forward? Now What would I change or not change? Now what
are my next steps? Now what can I apply to my next role/experience?*