

# Reflective Model

## Guidance

Before completing the template review the question in each section to help you generate your thoughts.

### 1. What?

- Is the issue / problem / reason for being stuck / reason for feeling ill at ease / reason there is a clash of personalities?
- Was my role in the developing situation being reflected upon?
- Was I trying to achieve?
- Actions were being done towards the achievement?
- Were the responses of other people?
- Were the consequences for the learner/s?
- Were the consequences for me?
- Were the consequences for other people?
- Feelings were provoked in the student/s?
- Feelings were provoked in me?
- Feelings were provoked in other people?
- Was positive about the experience?
- Was negative about the experience?
- Could be improved?

### 2. So what?

- Does this tell me about myself and my relationships with learner/s?
- Was my thought process as I acted?
- Did I base my course of action on?
- Other approaches might I have brought to the situation?
- Might I have done differently to have produced a more positive outcome?
- Have I learned because of this situation?
- Contextual issues have been brought to light by this situation?

### 3. Now what?

- Do I need to do make things better?
- Should I ask of others to support me?
- Do I need to avoid in future?
- Have I learned?
- Will I recognise in advance?
- Have others learned from this?
- Broader issues need to be considered if the new set of actions are to be enacted?
- Wider considerations need to be addressed?

# Reflective Model

Name..... Date.....

**What?**

**So what?**

**Now what?**