

Driscoll's Model of Reflection

<p>Date of Reflection:</p>
<p>Purpose of Reflection:</p>
<p style="text-align: center;">WHAT (returning to the situation)</p> <ul style="list-style-type: none"> ● is the purpose of returning to this situation? ● exactly occurred in your words? ● did you see? did you do? ● was your reaction? ● did other people do? eg. colleague, patient, visitor ● do you see as key aspects of this situation?
<p style="text-align: center;">SO WHAT (understanding the context)</p> <ul style="list-style-type: none"> ● were your feelings at the time? ● are your feelings now? are there any differences? why? ● were the effects of what you did (or did not do)? ● "good" emerged from the situation, eg. for self/others? ● troubles you, if anything? ● were your experiences in comparison to your colleagues, etc? ● are the main reasons for feeling differently from your colleagues etc?
<p style="text-align: center;">NOW WHAT (modifying future outcomes)</p> <ul style="list-style-type: none"> ● are the implications for you, your colleagues, etc.? ● needs to happen to alter the situation? ● are you going to do about the situation? ● happens if you decide not to alter anything? ● might you do differently if faced with a similar situation again? ● information do you need to face a similar situation again? ● are your best ways of getting further information about the situation should it arise again?