Reflective writing template (What? model)

|  |
| --- |
| **What?** |
| Click or tap here to enter text. |
| **So what?** |
| Click or tap here to enter text. |
| **Now what?** |
| Click or tap here to enter text. |

Prompt questions

|  |  |  |
| --- | --- | --- |
| What | So what? | Now what? |
| Questions to help with the description of the event / experience | Questions to help with the understanding of the event / experience | Questions to help with what can be done to improve the experience |
| * Is the problem? Or
* Is the reason for this difficulty?
 | * Does this tell me about
	+ me?
	+ my patient/student?
	+ others?
	+ our relationship?
	+ my patient’s care?
	+ the model of care/teaching approach I am using?
	+ my attitudes?
	+ my patient’s/student’s attitudes?
 | * Do I need to do in order to
	+ make things better?
	+ stop being stuck?
	+ improve my patient’s care?
	+ resolve the situation?
	+ feel better?
	+ get on better?
 |
| * Was my role in this situation?
 | * Was going through my mind as I acted?
 | * Broader issues need to be considered if this action is to be successful?
 |
| * Was I trying to achieve?
 | * Did I base my actions on?
 | * Might be the consequences of this action?
 |
| * Actions did I take?
 | * Other knowledge can I bring to the situation?
	+ experience
	+ personal
	+ scientific
 |  |
| * Was the response of others?
 | * Could I have done to make it better?
 |  |
| * Were the consequences?
	+ for the patient/student?
	+ for myself?
	+ for others?
 | * Is my new understanding of the situation?
 |  |
| * Feelings did it evoke?
	+ in the patient/student?
	+ in myself?
	+ in others?
 | * Broader issues arise from the situation?
 |  |
| * Was good (or bad) about the incidence or experience?
 |  |  |