Reflective writing template (What? model)

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| **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

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| --- | --- | --- |
| 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? |  |  |