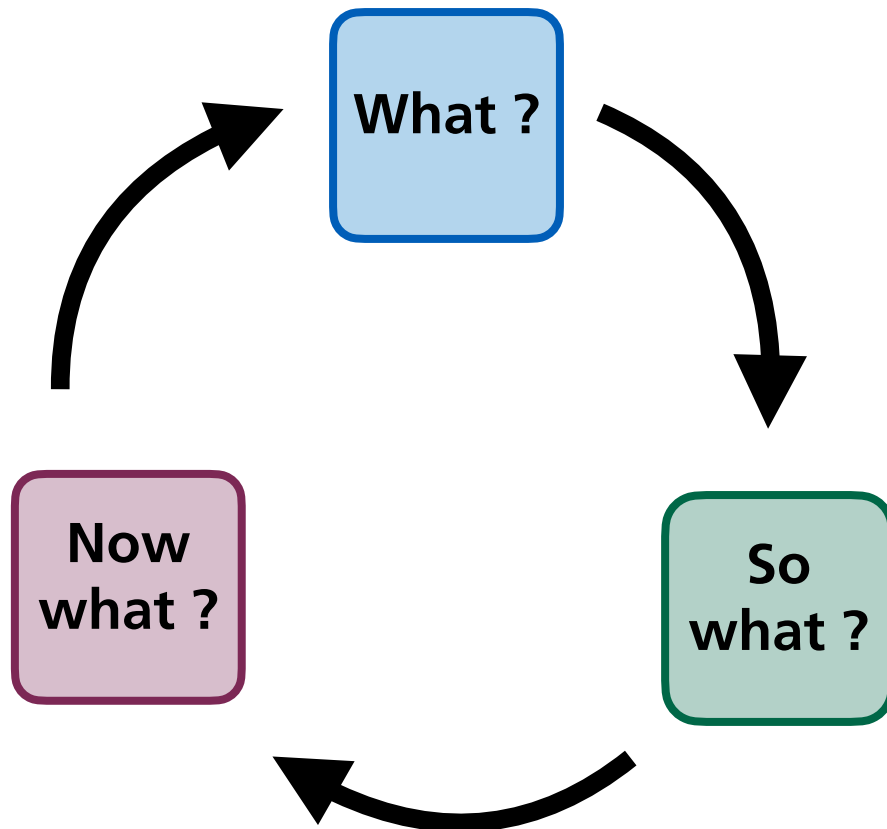


Rolfe et al's Reflective Model



What?

is the problem/difficulty/ reason for being stuck/reason for feeling bad/reason we don't get on?
was my role in the situation?
was I trying to achieve?
actions did I take?
was the response of others?
were the consequences for the student? Myself? Others?
feelings did it evoke in the student? Myself? Others?
was good/bad about the experience?

So what?

does this tell me/teach me/imply/mean about me/my class/others/our relationship/my patient's care/the model of care I am using/my attitudes/my patient's attitudes?
was going through my mind as I acted?
did I base my actions on?
other knowledge can I bring to the situation?
could/should I have done to make it better?
is my new understanding of the situation?
broader issues arise from the situation?

Now what?

do I need to do in order to make things better/stop being stuck/improve my teaching/resolve the situation/feel better/get on better/etc., etc.?
broader issues need to be considered if this action is to be successful?
might be the consequences of this action?