Driscoll's Model of Reflection

What?	What ...	
	... is the context? ... is the problem/situation/difficulty/reason for being stuck/reason for success? ... was I/we/others trying to achieve? ... was the outcome of the situation? ... was my role in the situation? ... was the role of other people in the situation (if others were involved)? ... feelings did the situation evoke in me? And in others (to the extent you know)? ... were the consequences for me? And for others? ... was good/bad about the experience?	
So What? You might want to supplement your own knowledge and thoughts with other people's ideas, references, and theories. This can be to show what helped shape your thoughts and further explore them. This comes down to how much you are looking to formalise your reflections. This can especially be important if the reflection is assessed.	**So what...** ... does this tell me/teach me/imply about the situation/my attitude/my practice/the problem? ... was going through my mind in the situation? ... did I base my decisions/actions on? ... other information/theories/models/literature can I use to help understand the situation? ... could I have done differently to get a more desirable outcome? ... is my new understanding of the situation? ... does this experience tell me about the way I work?	
Now what? Ensure that you are concrete in your action plan and not only saying generic comments such as 'I will do things differently/better'. The more concrete you can be regarding what you want to do, how you will do it, and how you will remind yourself, the easier and more likely it will be to implement.	**Now what...** ... do I need to do in the future to do better/fix a similar situation/stop being stuck? ... might be the consequences of this new action? ... considerations do I need about me/others/the situation to make sure this plan is successful? ... do I need to do to ensure that I will follow my plan?	