

Three - Step Reflective Framework

Step 1: *Take notice & describe the experience*

1.1. What did you do, know, feel, think, need?

Record a basic description of the experience, situation and/or concepts. (This is a narrative.)

1.2 What decisions did you make?

What decisions did you make?

Prompts:

- Outline your actions associated with this.
- Comment on your thoughts and emotions at the time.
- Indicate what helped or hindered.
- Describe others actions and reactions.

Tips: You can write retrospectively about what happened in the past tense, using a personal voice in first person.

Use a variety of methods to record your experience e.g. descriptive text, audio, pictures, bullet points, diagrams etc.

Step 2: Analyse the experience - implications of your decisions, actions, reactions

2.1 Why the decisions and actions?

Analyse your decisions and actions when discussing the experience. Think about why they were useful and how they helped your understanding and knowledge.

2.2 Why the reactions?

Make notes on the reasons for your intellectual, emotional and physical responses (reactions). This will help you better understand the way you learn and practice.

Prompts:

- a. Think about why you acted in this manner and how it affected your practice.
- b. Comment on what worked and what did not, and why.
- c. Outline what you could have done better or differently.
- d. What assumptions did you make and why did they influence you?
- e. How do your actions and decisions fit with current research evidence and theory?

Tips: Be honest with yourself and use the information to get a clearer picture of the situation - your assumptions, prejudices and beliefs all play a part in this. Use as many different ways as you can to illustrate your points e.g. audio, video, diagrams, images etc.

Include references from research literature and theory to support your analysis of the experience; this will help you make connections between theory and practice.

Step 3: Take Action - Reflect on what you learned and how you will use this

3.1 What did you learn and why?

Record what you have learned from the experience. Include a critique about your immediate practice and your profession from a range of perspectives.

3.2 How will you use this learning?

Plan how you might apply what you have learned to your practice and set some goals. This process will help reinforce what you have learned.

Prompts:

- a. Indicate what you learned and how this might change your future practice and why?
- b. Mention socio-economic, political, historical and cultural considerations in the wider context of your profession e.g. power relationships, social justice, traditions etc.
- c. When setting goals for applying what you have learned to your practice, include what you need to explore further or to get help with.
- d. How does your plan and goals align with current research evidence and theory?

Tips: If reflecting within the wider context of your profession, you need to consider multiple perspectives - socio-economic, political, historical and cultural. This is critical reflection.

Include references from the research literature and other information sources.

Set yourself realistic goals, and indicate how and when you intend to achieve them.