# Reflective writing models When working on your next reflective writing assignment, try using the ‘What? So What? Now what?’ or ‘The 4R’s of reflection’ model outlined below. Use the prompts under each heading to help guide your reflection.

## Reflective writing model 1: *What? So what? Now what?*

### Title of reflection:

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| **What?** What happened? Describe the experience – who, what, why, when, where? |  |
| **So what?** What have you learnt from this? Why does it matter? What has been the impact on you? In what way? Why? You can include connections to coursework, current events, past experiences. |  |
| **Now what?** What are you going to do as a result of your experience? How will you apply what you have learnt in the future? Are there critical questions to further pursue?  Make an action plan of what you will do next. |  |

## Reflective writing model 2: *The 4Rs of reflection*

### Title of reflection:

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| **Report /Respond**Include a brief **description** of the event, situation or issue. State your **reaction** to the situation or issue. * What happened?
* What did you observe/feel/question about the situation/issue?
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| **Relate**Make a connection between the issue/situation and your own personal skills, experience and understanding. Relate this to any relevant theoretical understandings.* Have you experienced this before?
* What sense can you make of the situation based on what you already understand?
* How does this situation relate to the theories in your course?
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## Reflective writing model 2: *The 4Rs of reflection* (continued)

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| **Reason** Find an explanation for the situation/issue. Discover any relationship between theory and practice in order to seek a deep understanding of why something has happened.* What significant factors impacted the situation/issue?
* How do these relate to what you have previously experienced?
* What evidence can you find in relevant theories to support your understanding of the events?
* What impact do other perspectives have on the issue?
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| **Reconstruct**Draw a conclusion and discuss improvements that could be made. Identify any changes or improvements for future planning. Apply your learning to other contexts and your future professional practice.* Why did this situation/issue occur?
* What theories support your rationale?
* How would you deal with the situation next time?
* What strategies would you develop for future practice based on what you now know?
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