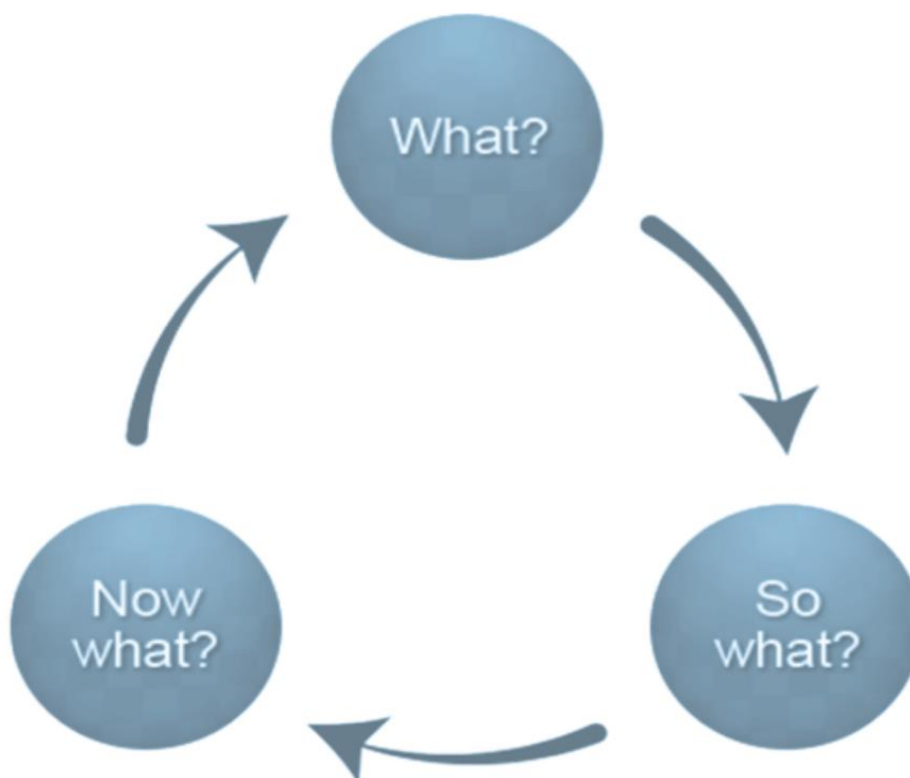




Rolfe Reflection Model



Adapted from: Rolfe, G., Freshwater, D., Jasper, M. (2001)



Rolfe et al. (2001) suggest a series of questions which may spring from the initial three:

What?

So What?

Now What?

This reflective model can be used to enhance thinking by breaking down the key elements of a situation or occurrence to gain a deeper understanding of them:

1. What?

This element of the cycle is concerned with describing the event or occurrence being reflected upon and defining one's self-awareness in relation to it. All questions in this section begin with 'what?'

What:

- Is the issue / problem?
- Was my role in the developing situation being reflected upon?
- Was I trying to achieve?
- Actions were being done towards the achievement?
- Were the responses of other people?
- Were the consequences for the learner/s?
- Were the consequences for me?
- Were the consequences for other people?
- Feelings were provoked in the student/s?
- Was positive about the experience?
- Was negative about the experience?
- Could be improved?



2. So what?

This aspect of the Rolfe cycle analyses the situation being reflected upon and begins to make evaluations of the circumstances being addressed. All questions in this section begin with 'so what?':

So what:

- Is important about this?
- More do I need to know about this?
- Other approaches might I have tried?
- Might I have done differently?
- Have I learned because of this?
- Issues have been brought to light by this situation?

3. Now what?

This is the element of Rolfe's cycle which is concerned with synthesising information and insight, as we move from the previous elements to think in more detail about what to do differently in the future (or perhaps, if it is more appropriate to maintain the previous course of action) and so be prepared for what might be done if similar situations present themselves again. All questions in this element start with 'now what?':

Now what:

- Could I do?
- Do I need to do?
- Should I ask of others to support me?
- Do I need to avoid in future?
- Have I learned?
- Will I recognise in advance?
- Broader issues need to be considered if the new set of actions are to be enacted?
- Wider considerations need to be addressed?

Please note that the following questions are merely suggestions and may not be suitable for all situations. However, producing new questions may be a part of the reflection process. One way to use these questions is to keep them as a reference sheet. While remembering the three main questions is easy, the follow-up questions can be saved for future use.