**Reflection based on Rolfe et al**

*Adapted from Rolfe, G. Freshwater, D & Jasper, M. (2001) Critical reflection for nursing and the helping professions: a user’s guide Basingstoke: Palgrave Macmillan*

**What?** (a description of the event)What happened? What did I do? What did others do? What did I feel? What was I trying to achieve? What were the results? What was good or bad about the experience?

**So, what?** (an analysis of the event)So, what is the importance of this? So, what more do I need to know about this? So, what have I learned about this? So, what does this imply for me?

**Now what?** (proposes a way forwards following the event)Now what could I do? Now what should I do? Now what would be the best thing to do? Now what will I do differently next time?

For filled in examples please click on the links below:

[*Example 1*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-Rolfe-Example1-v2.pdf)

[*Example 2*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-Rolfe-Example2-v2.pdf)

[*Example 3*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-Rolfe-Example3-v2.pdf)

[*Example 4*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-Rolfe-Example4-v2.pdf)

[*Example 5*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-Rolfe-Example5-v2.pdf)