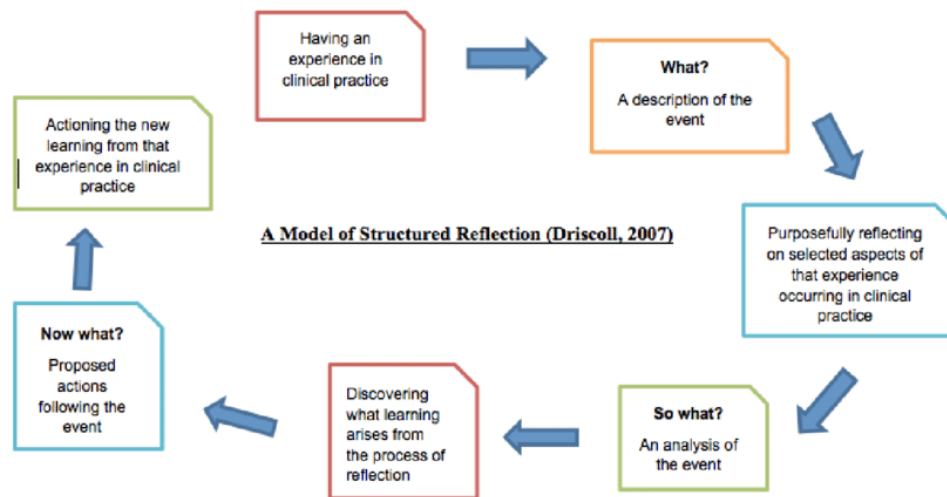


Reflection Model – Driscoll (2007)



Driscoll's (2007) model for reflection is composed of 7 stages. These are **actions**, each followed by points of **reflection**, beginning with a learning experience. Each of these 7 stages is outlined below:

1. **Action:** Having a learning experience which are being asked to reflect on. This may be during a teaching session (such as a seminar or workshop) or an experience that happens on professional placement.
2. **Reflection: what?** Describe the experience.
3. **Action:** Purposefully reflecting on selected aspects of the experience.
4. **Reflection: so what?** Analyse the experience.
5. **Action:** Discovering what learning arises from the reflection.
6. **Reflection: now what?** Following the description and analysis of the experience, propose actions for improvement.
7. **Action:** Implementing new learning in the next learning experience (e.g. next teaching session or next placement).

This is a cyclic model and so, once the new learning is implemented in the next learning experience, the reflection process can begin again.

The **three stem questions** from this model are easy to remember:

