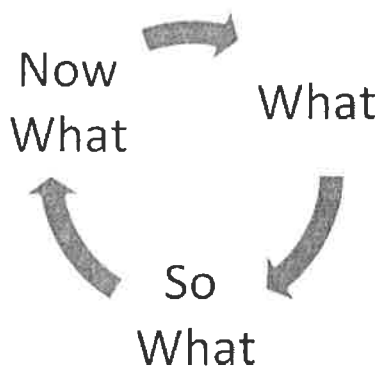


Bortons' (1970) framework

This reflective model is very simple and often used as the first step on the ladder of the reflective practitioner. This model encompasses three simple questions to be asked of the experience or activity to be reflected on, what? So what? Now what? Jasper (2003) Endorses the use of this model by novice practitioners and students as this model allows novices to reflect in the "real world of practice" (Jasper 2003, p99), therefore allowing novices to be analytical of their developing practice.

Jasper M (2003). Beginning reflective practice. Cheltenham: Nelson thorn

Bortons' (1970) Framework Guiding Reflective Activities:



Bortons' Model of reflection	
What?	
Examples	
This is the <i>description</i>	
What was the <i>problem</i> ?	
What was my <i>role</i> ?	
What <i>happened</i> ?	
What did I <i>do</i> ?	
So What?	
Examples	
This is the <i>analysis</i>	
What was so <i>important</i> about this experience?	
What did I <i>learn</i> ?	
Now What?	
This is the <i>Synthesis</i>	
Now what do I need to <i>do</i> ?	
Now what might be the <i>consequences</i> of my actions?	
Now what do i do to resolve the situation/make it better/improve my patients care?	