

# What? So what? Now What? Reflection in Action\*

**Think of a recent event, activity, or learning experience that you can reflect upon and share.  
(It could be a conference you attended, a conflict, a discussion, a book you read, etc.)**

- 1. What?** Describe a significant experience that you had. What was good or bad about it? What did you learn? Where did you learn it? How did you learn it?
- 2. So What?** Why does it matter? To whom or what is it significant? What was going through my mind as I acted? What could have been better? What broader issues arise for you?
- 3. Now What?** How will you apply what you learned in future contexts? What will you do differently based on what you have learned? What might be the consequences of your action?

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