Driscoll’s (2000) Model of Reflection

What?: Returning to the situation

- What is the purpose of returning to this situation?
- What exactly occurred?
- What did you see? What did you do?
- What was your reaction?
- What did other people do? E.g. colleague, patient, relative
- What do you see as key aspects of this situation?

So what?: Understanding the context

- What were you feeling at the time?
- What are you feeling now? Are there any differences and, if so, why?
- What were the effects of what you did (or did not do)?
- What good emerged from the situation e.g. for self, others?
- What troubles you, if anything?
- What were your experiences in comparison to your colleagues?
- What are the main reasons for feeling differently from your colleagues?

Now what?: Modifying future outcomes

- What are the implications for you?
- What needs to happen to alter the situation?
- What are you going to do about the situation?
- What happens if you decide not to alter anything?
- What might you do differently if faced with a similar situation again?
- What information do you need to face a similar situation again?
- What are your best ways of getting information about the situation should it arise again?