

## Three - Step Reflective Framework

### Step 1: *Take notice & describe the experience - description of evidence*

**1.1. What did you do, know, feel, think, need?**

Record a basic description of the events and actions surrounding the evidence you have selected.

**1.2 What decisions did you make?**

What decisions did you make when exploring and selecting the evidence?

**Prompts:**

- Outline your actions for exploring and choosing this evidence.
- Comment on what you were doing, feeling, thinking, and needing at the time.
- Mention initial reactions and what you did to engage with the evidence.
- Indicate what helped you, or not.

**Tips:** You need to write retrospectively about what happened in the past tense, using a personal voice in first person. Use a variety of methods to record your experience e.g. descriptive text, audio, pictures, bullet points, diagrams etc.

**Step 2: Analyse the experience - implications of your decisions, actions, reactions**

**2.1 Why the decisions and actions?**

Analyse your decisions and actions when exploring and selecting the evidence. Think about why they were useful and how they helped your understanding and knowledge.

**2.2 Why the reactions?**

Make notes on the reasons for your intellectual, emotional and physical responses (reactions). This will help you better understand the way you learn and practice.

**Prompts:**

- a. Think about why you chose this evidence and how it might help your practice.
- b. Comment on what worked and what did not, and why.
- c. Outline what you could have done better or differently.
- d. What assumptions did you make and why did they influence you?

**Tips:** Be honest with yourself and use the information to get a clearer picture of the situation - your assumptions, prejudices and beliefs all play a part in this. Use references from theory to support your analysis of the evidence; this will help you make connections between theory and practice. Use as many different ways as you can to illustrate your points e.g. audio, video, diagrams, images etc.

**Step 3: Take Action - Reflect on what you learned and how you will use this**

**3.1 What did you learn and why?**

Record what you have learned from exploring and compiling the evidence. Include a critique about your immediate practice and your profession from a range of perspectives.

**3.2 How will you use this learning?**

Plan how you might apply what you have learned to your practice by setting some goals. This process will help reinforce what you have learned.

**Prompts:**

- a. Indicate what you learned and how this might change your future practice and why?
- b. Mention socio-economic, political, historical and cultural considerations in the wider context of your profession e.g. power relationships, social justice, traditions etc.
- c. When setting goals for applying what you have learned to your practice, include what you need to explore further or to get help with.

**Tips:** If reflecting within the wider context of your profession, you need to consider multiple perspectives - socio-economic, political, historical and cultural. This is critical reflection. Set yourself realistic goals, and indicate how and when you intend to achieve them.