

Reflective Models

	Stage 1 Awareness	Stage 2 Describe the situation	Stage 3 Analyse feelings and knowledge	Stage 4 Evaluate	Stage 5 Identify any learning
Atkins and Murphy Model of Reflection	Awareness of uncomfortable thoughts and feelings, actions or new experiences	Describe the situation Include salient (most noticeable or important), feelings, thoughts, event or features	Analyse feelings and knowledge Identify and challenge assumptions. Imagine and explore alternatives	Evaluate The relevance of knowledge. Does it help to explain/resolve the problem? How was your use of knowledge?	Identify any learning which has occurred?

	Stage 1 Description of the Experience	Stage 2 Reflection	Stage 3 Influencing Factors	Stage 4 Alternative Strategies	Stage 5 Learning
Johns Model of Reflection	What has happened? What are the main problems?	What was I trying to achieve? How did I feel about this experience?	What internal factors and external factors influenced my decision-making?	What other choices did I have? Could I have solved this problem better?	How has this experience changed my ways of knowing? What would I do if it happened again?

	Stage 1 What?	Stage 2 So What?	Stage 3 Now What?
Driscoll Model of Reflection	What is the experience? What happened? What was my reaction?	How did I feel at the time and how do I feel now? What were the positive and negative aspects of the event?	What are the implications for me based on my experience description and analysis? What might I do differently if I face a similar situation? How can I be better prepared to avoid the same outcome in a similar situation in the future?

	Stage 1 Description	Stage 2 Feelings	Stage 3 Evaluation	Stage 4 Analysis	Stage 5 Conclusion	Stage 6 Action Plan
Gibbs Model of Reflection	What happened?	What were you thinking and feeling?	What was good and bad about the experience?	What sense can you make of the situation?	What else could have been done?	If it arose again what would you do?