Rolfe’s reflection model

- **What?**
  - Was the learning experience or situation?
  - What actions did I take?
  - How did others respond?
  - Was useful about the learning experience?

- **Now what?**
  - How has my practice changed?
  - How can I improve my knowledge or skills for this situation?
  - Have I discovered new areas to develop?
  - Can I share this learning with colleagues?

- **So what?**
  - What have I discovered about my practice?
  - What was my thought process when taking action?
  - Do I have a new understanding?
  - How can I apply this learning elsewhere?

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