Rolfe’s Reflective Model

Writing Template

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| 1. **What?** |
| Possible sentence starters here include:  In this situation, I encountered...  The key aspects of the experience were...  The experience involved...  At the time, I thought...  Initially, I noticed...  One significant observation I made was...  The others involved were…  The background of the experience was…..  Delete those you don’t require. |
| 1. **So what?** |
| Reflecting on this, I realise...  The importance of this experience lies in...  This situation has broader implications for...  It became apparent to me that...  Upon deeper consideration, I understand...  This experience has highlighted the significance of... |
| 1. **Now what?** |
| Moving forward, I plan to...  Based on this reflection, I intend to...  To address similar situations in the future, I will...  My action plan involves...  In response to this reflection, I aim to...  To enhance my approach in the future, I will focus on.. |