Rolfe’s Reflective Model

Writing Template

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| 1. **What?**
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| 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?**
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| 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?**
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| 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.. |