**BN601002 - Reflection on Practice**

You are required to write a reflection about one aspect of your clinical experience. You may do this in any format you choose (e.g. poetry, prose (using components) edited journal excerpts, an alternate reflective framework of your choice) however your reflection must address the following three components of reflection as discussed by Rolfe, Freshwater & Jasper (2001).

1. 'What?' helps you describe the situation you want to learn from. You should identify the facts and feelings of the situation.
2. 'So What?' allows you to extract the meaning of 'What?'. Moreover, you should question what knowledge you and others had in the situation, and what knowledge, evidence-based practice or theories that could help you make sense of the situation.
3. 'Now what?' allows you to create an action plan for the future based on the previous questions. Your plan requires an evidence base.

Please refer to link below on how to expand your reflective thinking using these 3 components.

<https://reflection.ed.ac.uk/reflectors-toolkit/reflecting-on-experience/what-so-what-now-what>

Reference:

Rolfe, G., Freshwater, D., Jasper, M. (2001). *Critical reflection in nursing and the helping professions: a user’s guide*. Basingstoke: Palgrave Macmillan.