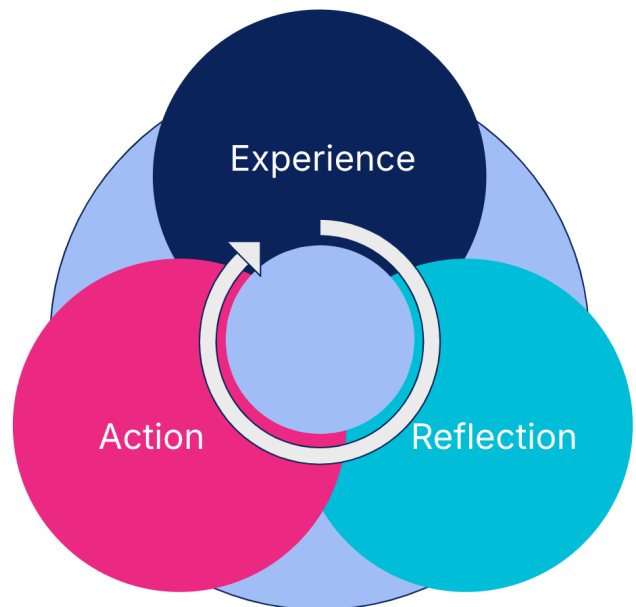# Reflection Models

There are different models of reflection which you can adopt to help you in your process of reflection. Below are some popular models of reflection, ordered from easy to more advanced. While each model takes a slightly different approach, they all include similar steps.

ERA Cycle

Jasper, 2013

- **Experience** - consider an event, experience or situation.
- **Reflection** - look back on the experience by asking what went well, what didn't, and why.
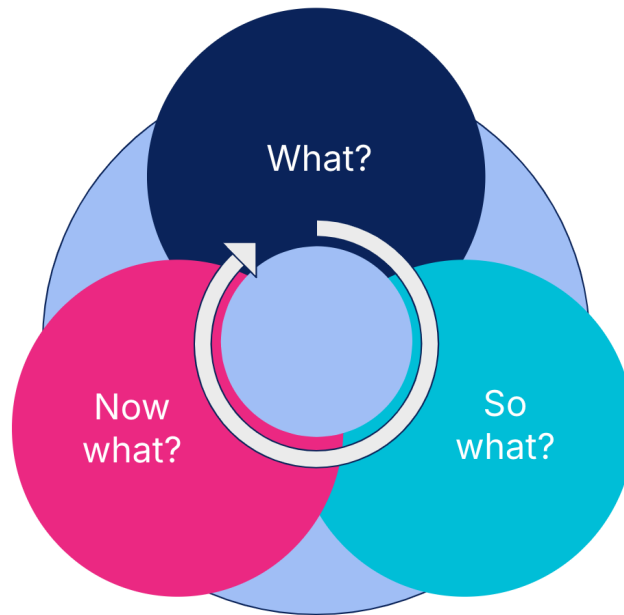- **Action** - plan action based on the insight from reflection.

The cycle is iterative, meaning that after taking action, new experiences are generated, which can then be reflected upon, leading to further actions.

Jasper, M. (2013). Beginning Reflective Practice. Andover: Cengage Learning

What Model

Driscoll, 2007

- **What?** Describe the situation without interpretation or judgement. Key aspects to consider include:
  - What occurred?
  - What is the context?
  - What did I see, hear, and do?
  - What was I/we/others trying to achieve?
  - What was my role in the situation?
  - What was the role of other people in the situation (if others were involved)?
  - What was the outcome of the situation?
  - What is the reason for being stuck?
  - What is the reason for success?
  - What feelings did the situation evoke in me? And in others (to the extent you know)?
  - What were the consequences for me? And for others?
  - What was good/bad about the experience?

- **So what?** Describe what you learned as a result of the situation.
    - So what were my feelings during the situation?
    - So what does this tell me about the situation/my attitude/my practice/the problem?
    - So what did I base my decisions/actions on?
    - So what other information/theories/models/literature can I use to help understand the situation?
    - So what could I have done differently to get a more desirable outcome?
    - So what have I learned about myself, others, and the experience?
    - So what does this experience tell me about the way I work?
- **Now what?** What actions will you take as a result of the experience.
    - Now what will I do differently next time?
    - Now what support or resources might I need?
    - Now what actions will I take?
    - Now what considerations do I need about me/others/the situation to make sure this plan is successful?

Driscoll, J. (ed.) (2007) Practicing Clinical Supervision: A Reflective Approach for Healthcare Professionals. Edinburgh: Elsevier
Some questions taken from the University of Edinburgh Reflection Toolkit.

Reflection Cycle

Gibbs, 1988

- Description - describe the experience.
- Feelings - explore your emotional response to the experience.
- Evaluation - consider what went well and what didn't.
- Analysis - why did things happen the way they did.
- Conclusion - identify what you learned and what can be done differently.
- Action plan - develop a plan for how to improve or apply what you learned in future situations.

Gibbs, G. (1998) Learning by Doing: A Guide to Teaching and Learning Methods. Oxford: Further Education Unit, Oxford Polytechnic

Conclusion

These are some of the models you can utilise as part of your reflection process. While these models provide a structured approach to reflection and work as a starting point, choosing the right reflective model depends on the context and depth of reflection required.

References

This page has been adapted from "Models of Reflection" from the University of Cambridge [Reflective Practice Toolkit](#).

Resources

🔗 University of Cambridge [Reflective Practice Toolkit](#)
🔗 University of Edinburgh [Reflection Toolkit](#)