Reflection Questions

Take a look at these reflection questions, to get a better understanding of how you can stimulate reflective discussion. You can ask reflective questions about a situation experienced in your project, about your team, and about yourself.

The questions posed here are ordered from easy to more advanced. You may want to start off simply to get used to the kind of discussion that might arise, and experiment with more difficult questions as your team becomes familiar with reflection practices.

About your project

A useful way to start a process of reflection is to look back on what has happened so far and to think about what we might change in the future. We might ask...

WWW: what went well?
TTIF: things to improve for the future?
For a more in-depth understanding, you could also ask five "why" questions to understand why something did or didn't work:

What has been going well?

What can be improved?

What happened?

Why did it happen?

What can we change going forward?

What actions do we need to take?

What gaps are we not currently addressing?

The What Model

The what model (Driscoll, 2007) is a model for reflection where "what?" is asked at 3 stages: what, so what, and now what. For more reflection models, see 📄 Reflection Models .

- **What?**
  - 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?**
  - 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?
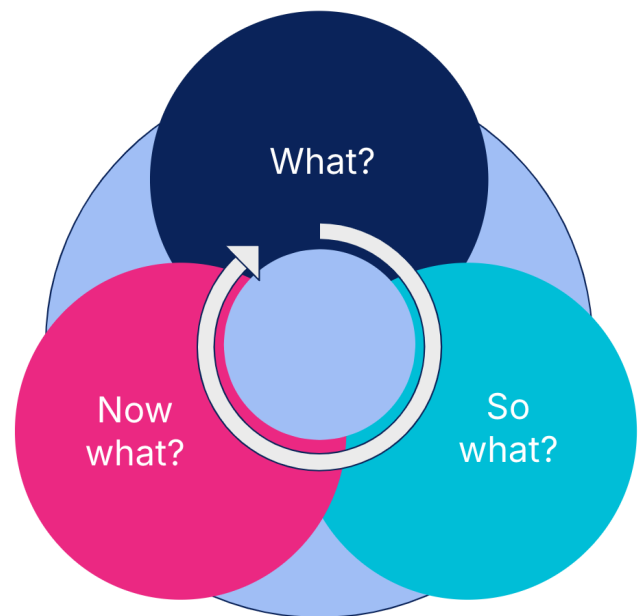
- So what does this experience tell me about the way I work?
- **Now what?**
    - Now what will I do differently next time?
    - Now what support or resources might I need?
    - Now what actions will I take?
    - Now what considerations do I need about me/others/the situation to make sure this plan 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.

Valuing Voices principles

You may also consider reflective questions based on the Valuing Voices principles:

Are we working towards our outcomes?

Do we need to co-produce parts of our research or include affected communities in evaluation?

Which interdisciplinary perspectives could enhance our research questions?

What do we consider to be a diverse team?

How can we ensure we work together in an equitable way?

Are there any risks that we have not considered or that have arisen since?

Are we mitigating our environmental impacts as fully as we could?

Who will have ownership of project outputs?

Do we need to engage the public?

Which stakeholders do we need to engage?

How should we disseminate our work?

What learning will you take from this project into future projects?

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About your team

What has your career journey been so far?

Tell us about your greatest strength at work?

What has been the most meaningful moment you've experienced on the team so far?

How is your current team different from the teams you've had in the past?

Are your research relationships draining or fulfilling overall?

How well are we working together?

Is work divided among the team fairly?

What would you keep, add, or change in your team now? For a future project?

About yourself

How do you think you did?

What specific contributions did you make?

How do you feel about those contributions?

What behaviours (things you do) do you want to keep, start, or stop doing in future projects?

Some questions taken [from](#).

Conclusion

These are a wide variety of reflection questions that you can use as part of an ongoing reflective practice. Testing out different approaches will help you find what works best for your team.