

What? So what? Now What? Reflection in Action*

Think of a recent event, activity, or learning experience that you can reflect upon and share. (It could be a conference you attended, a conflict, a discussion, a book you read, etc.)

1. **What?** Describe a significant experience that you had. What was good or bad about it? What did you learn? Where did you learn it? How did you learn it?

(This is the foundation and the context for reflection. It describes the topic to be reflected upon. Sometimes, students are good at description but then stop there.)

2. **So what?** Why does it matter? To whom or what is it significant? What was going through my mind as I acted? What could have been better? What broader issues arise for you?

(This supports the foundation and adds meaning to the context.)

3. **Now what?** How will you apply what you learned in future contexts? What will you do differently based on what you have learned? What might be the consequences of your action?

(This is the roof that provides the application and transfer of knowledge.)

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

Committee on Student Learning in the Co-curricular, Division of Student Affairs, Texas A&M University