



## Reflection Model 2 – Driscoll (2007)

Driscoll's (2007) model for reflective writing is composed of 7 stages. These are actions, each followed by points of reflection, beginning with a learning experience. Each of these 7 stages is outlined in this document.

### 1. Action

Having a learning experience which are being asked to reflect on. This may be during a teaching session (such as a seminar or workshop) or an experience that happens on professional placement.

### 2. Reflection: what?

Describe the experience.

### 3. Action

Purposefully reflecting on selected aspects of the experience.

### 4. Reflection: so what?

Analyse the experience.

### 5. Action

Discovering what learning arises from the reflection.

### 6. Reflection: now what?

Following the description and analysis of the experience, propose actions for improvement.

### 7. Action

Implementing new learning in the next learning experience (e.g. next teaching session or next placement).

This is a cyclic model and so, once the new learning is implemented in the next learning experience, the reflection process can begin again.

Reference: Driscoll, J.J. (2007) Supported reflective learning: the essence of clinical supervision? Chp 2 in Practising Clinical Supervision: A Reflective Approach for Healthcare Professionals (2nd edition). London: Bailliere Tindall. Pp 27--50.