

Record of Learning and Development

What Model of Structured Reflection (Driscoll)

Using a reflective tool is a good way to formalise and record your learning. This template use Driscoll's model (adapted from Driscoll 2007) but you might prefer to use other models you are familiar with. This is the same content as the form on TURAS Professional Portfolio.

Title

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Date From

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Date To

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What?

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① Further Information This stage is about describing the event you have chosen to return to.

What happened? What did I see/do? What did others do? What was my reaction?

So What?

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① Further Information This stage is about analysing and making sense of your feelings and observations about the event

What did I feel before / during / after the event? What were the effects of what I did/did not do? What have I noticed about my behaviour in practice?

Now What?

① Further Information *This stage is about learning from the event, and your proposed actions, changes to your practice*

Now what could I do to modify my practice? Now what support do I need to help me “action” the results of my reflections? Now what are the implications for me and where can I get more information?

How is this relevant to the Code (NMC 2015) or HCPC CPD Standards?

① Further Information *Please select one or more themes and add in any relevant comments.*

Themes: *Prioritise people, Practise effectively, Preserve safety, Promote professionalism and trust.*