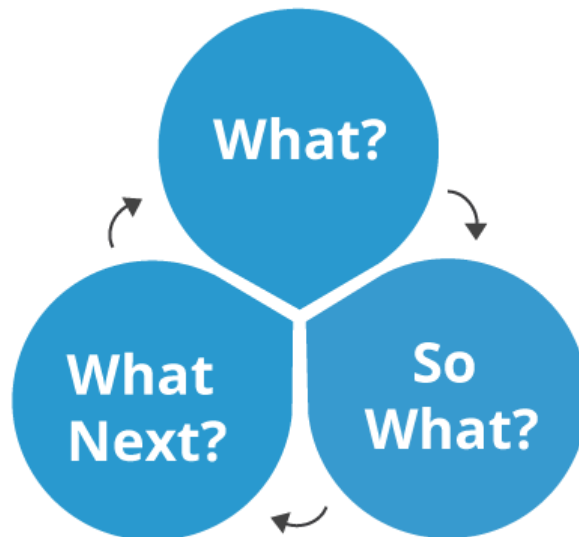


Three W's of Reflective Thinking and Writing

To think and write reflectively, answer the **three W's: What?, So What?, Now What?**



<p>What? (description) Step back from an immediate experience that resonated with you to form a personal response. The object of your reflection could be a new piece of information, observations from a role play, increased self-awareness, or a specific challenge.</p> <p>Questions to consider:</p> <ul style="list-style-type: none"> ○ What happened? ○ Who was involved? ○ What did you experience, think, feel, and do? ○ What were the outcomes? 	<p>So What? (interpretation) Attempt to understand your experiences in connection with any number of things: past academic learning, personal history, values, assumptions, and convictions. Through this process you will observe, analyze, examine, and consider your experiences from multiple points of view. This allows different aspects of the experience to surface and take shape.</p> <p>Questions to consider:</p> <ul style="list-style-type: none"> ○ What influenced this experience (values, beliefs, assumptions, past experiences)? ○ What connections can I make between the experience and other things from my study or work? ○ What made the experience positive, negative and/or interesting? ○ What have you learned about yourself from this experience? ○ What are the implications of this experience? 	<p>What Next? (outcome) Take the insights and learning you gained from reflecting on your past to assess where you are now and take active steps to improve your present and future.</p> <p>Questions to consider:</p> <ul style="list-style-type: none"> ○ Is there anything you want to remember to do or avoid doing in the future? ○ What learning gaps/questions did you identify? ○ What might you consider doing now or revising in the future? ○ Where can you get the information you need (ideas, knowledge, opinions, etc.)? ○ What is the main learning outcome of this reflection?
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