

# REFLECTION TOOL

---

Continuing Competency Program

The lower half of the page features a complex abstract graphic design. It consists of several overlapping, semi-transparent shapes in various shades of purple, blue, and green. The shapes are layered, creating a sense of depth and movement. The overall aesthetic is modern and artistic, complementing the professional and educational theme of the document.

Copyright © 2015 College of Licensed Practical Nurses of Alberta

College of Licensed Practical Nurses of Alberta

13163 146 Street NW

Edmonton, Alberta T5L 4S8 CANADA

Phone: 780-484-8886

Toll Free: 800-661-5877

Fax: 780-484-9069

[info@clpna.com](mailto:info@clpna.com)

[www.clpna.com](http://www.clpna.com)

# Reflection Tool

## What? / So What? / Now What?

A simple question is often the simplest way to start reflection. The following series of reflective questions are intended to guide a comprehensive review of your reflection process. The knowledge gained will inadvertently help you to make a decision about your learning focus for the coming year.

### What?

- identify your professional learning needs (knowledge and/or skills)
- description of possible objectives
- define career direction

<b>Professional Learning Needs</b> (what do you need to learn in your practice?)	<b>State Learning Objective(s)</b> (use the Competency Profile as a guide)	<b>Define Your Career Direction</b> (where do you see yourself in five years?)

## So what?

- think of deeper meaning instead of descriptive facts
- known or considered feelings
- explain significance of possible objective
- why is objective important

<b>Describe Learning Needs</b> (use your own words and reasons)	<b>Explain meaning of objective</b> (why did you choose this objective?)	<b>Why is objective important?</b> (explain)

## Now what?

- guide choices for further learning
- set future learning goals and outcomes
- create a learning plan

<b>Think about future learning needs</b> (what do you need to know to advance understanding of the subject)	<b>Draft future learning plan</b> (consider your learning objectives and resources required)	<b>Create an ongoing learning plan</b> (write notes of an action plan)

## References

Reed, J. & Koliba, C. (2003.). Understanding reflection. In J. Reed & C. Koliba (Eds.), *Facilitating Reflection: A Manual for Higher Education* (pp. 27-43). Retrieved from <http://www.uvm.edu/~dewey/reflect.pdf>