

## Moving from Descriptive Reflection to Critical Reflection

At times the word reflection is used in a variety of ways, particularly with respect to descriptive versus critical reflection. The graph below is adapted from Terry Borton's (1970) 3 Questions that move from the descriptive reflection in the "What" stage, through to critical reflection during the "So What" phase.

### **WHAT**

... is the situation, is there a problem?

... was my role in the situation?

... was I trying to achieve?

... actions did I take?

... did I base my actions on?

... were the responses?

### **SO WHAT?**

... does this teach/ tell me about myself/ this relationship, my practice, the model / my attitude etc.?

...other knowledge /insight can I bring to the situation now?

... could I / should I have done to improve processes, outcomes or practices?

... is my new understanding of the situation?

### **NOW WHAT?**

... do I need to do to make things better / improve my/ our students / employers /partners/ welfare etc.?

... broader issues need to be considered if the action is to be successful?

... might be the consequences of taking / not taking this action?

... what risk mitigation might be necessary?