CPD@RCOT

Five-minute reflection: daily work experience

Use this resource to capture your immediate thoughts about events in your daily work. Sometimes you will be dealing with and trying to manage disruptions, problems or situations that make you feel uncomfortable. Other times, you will be dealing with new circumstances or having conversations that stimulate ideas, aid clinical reasoning, or prompt your curiosity. Fast-paced learning opportunities can include situations managed, conversations in corridors, responses to new developments and more.

This template adapts the ‘What? So what? Now what?’ model of reflection (Rolfe et al., 2001). You can capture learning for your CPD portfolio and consider what support you might need in only five minutes. Reflect on your experience shortly afterward, in supervision or in the future as part of your CPD. This will help you to meet the [CPD standards of the HCPC](https://www.hcpc-uk.org/cpd/what-is-cpd/).

|  |  |
| --- | --- |
| Your name | Click here to enter text. |
| Date  | Click here to enter text. |

|  |
| --- |
| **What?** |
| What incident or activity prompted you to reflect?Click here to enter text. |

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| --- |
| **So what?** |
| Why was it important to you? Click here to enter text. |

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| --- |
| **Now what?** |
| What will this mean for your professional development? How might you follow up?Click here to enter text. |

|  |
| --- |
| **Then what?** |
| What additional support or information do you need now, or might you need in the future?Click here to enter text. |

**References**

Broughton W, Harris G (eds) (2019) on behalf of the Interprofessional CPD and Lifelong Learning UK Working Group. *Principles for Continuing Professional Development and Lifelong Learning in Health and Social Care*. Bridgwater: College of Paramedics. Available at: <https://www.unison.org.uk/content/uploads/2019/01/14.12.18_CPD_Principles_FINAL_Jan_2019-1.pdf> Accessed 20.04.21.

Rolfe G, Freshwater D, Jasper M (2001) *Critical reflection in nursing and the helping professions: a user’s guide.* Basingstoke: Palgrave Macmillan.

**Feedback**

Your views are important to us. Let us know what you think of this resource by sending your feedback to prof.dev@rcot.co.uk or get in touch on Twitter @CPD\_RCOT.

This reflection resource is based on a similar tool developed by the College of Paramedics

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