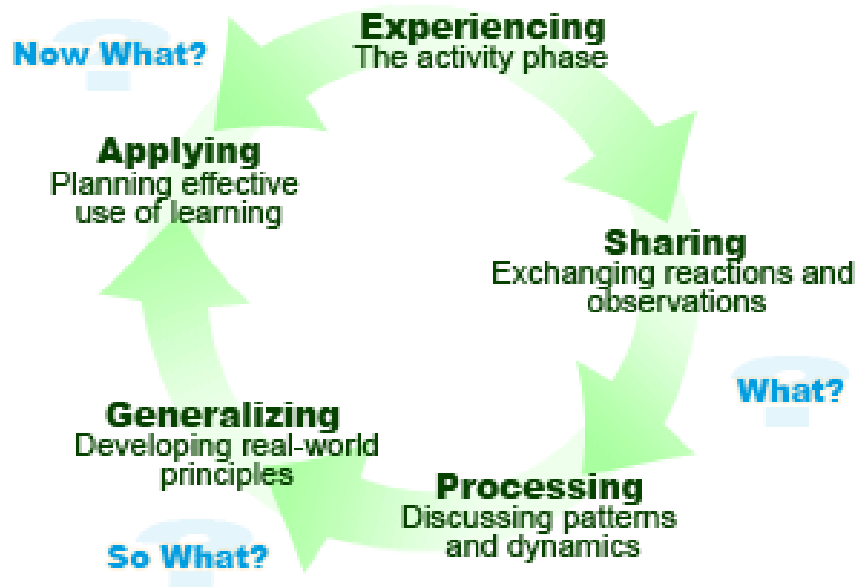


Reflective Frameworks for Portfolio Development

What, So What, Now What

The Experiential Learning Cycle



What: Describe the experience, event artifact in detail

So What: Why does this experience, artifact, event matter in relation to your professional goals

Now What: What have you learned from this experience and how will this knowledge impact your practice

<http://www.servicelearning.umn.edu/info/reflection.html>

Reflective Frameworks for Portfolio Development

The STARL-P Framework for reflection

The STARL formula helps you structure your reflections on experiences:

Situation

Situation is where you had the experience. Describe the environment, the type of people or equipment you worked with. This gives the reader the background information and puts the experience into context.

Task

The task is what was required of you. When addressing a task, it may be that the project itself, a presentation you had to deliver, a problems that arose in a project such as personal differences

Action

When addressing action, think about what you did to resolve the problem or perform the task. Ask yourself, what did I actually do?

Result/Reflect

Think about how your actions affected the outcome of the situation and the status of the task. How do you know what you did made a difference (or not)?**Or** the focus may be ore on reflecting on what you have seen or doneReflect on the experience to identify what has happened, what you have realised or what needs further investigation or thought.

Learning/Planning

Highlight the skills that came out of the process and how they can be applied elsewhere. This will show your growth and personal development as well as the skills you possess.**Or** the focus may be more on your planningE.g. You may plan to explore a topic further; develop further skills by undertaking targeted activities or by studying a particular course or unit.

<http://learnonline.canberra.edu.au/portfolio/view/artefact.php?artefact=32643&view=8455>