**Reflecting on teaching and learning:**

**WHAT? SO WHAT? NOW WHAT?**

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| **What?**  What happened in this class/over this term? Did anything new or unexpected that happened? Be as specific as possible |
| **So what?**  Why did it capture your attention? Why is this important for student learning? for your teaching development? |
| **Now what?**  What have you learned from this class/term? Is there something you will try differently or will change in your future practice? What further questions about teaching and learning might you want to find answers to? |

Adapted from Rolfe, G., Freshwater, D. & Jasper, M. (2001*). Critical reflection for nursing and the helping professions: A user’s guide.* New York: Palgrave MacMillian.