**Reflection based on Schon**

Personal reflection can help doctors consider the difference between what you were thinking at the time and your learning looking back after the event to help you think differently if something similar happens in the future.

**Reflection based on Schon Template**

Schon, D.A. (1983) *The Reflective Practitioner: How professionals think in action* New York: Basic books.

**Reflection-in-action**  
Thinking ahead, analysing, experiencing, critically responding (in the moment)

**What were you thinking at the time?**

**What was influencing that thinking?**

**Reflection-on-action**  
Thinking through subsequent to the situation, discussing, reflective journal

**What is your thinking about the event now?** Having time to think, discuss, review information etc

The effective reflective practitioner is able to recognise and explore confusing or unique (positive or negative) events that occur during practice

For filled in examples please click on the links below:

[*Example 1*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-ReflectionSchon-Example1-v2.pdf)