

REFLECT Model

Developed by: Aronson, 2011
(medical education, adopted in nursing)



PURPOSE:

A structured tool for deep reflective writing and guided discussion; emphasizes transformation of experience into learning.

ACRONYM MEANING:

- **Recall:** Describe what happened.
- **Examine:** Explore emotional responses.
- **Frame:** Analyze the experience in context.
- **Learn:** Identify key learning points and apply to clinical practice.
- **Explore Alternatives:** Consider other approaches.
- **Create:** Develop an action plan.
- **Translate:** Apply learning to future situations.

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Best Used For:

- ❖ Advanced undergraduate or graduate learners.
- ❖ Written or guided reflection post-simulation



Encourage journaling or group dialogue using each step as a prompt; integrates beautifully with reflective assignments or portfolios.