

(with thanks for our colleagues at LCRN NENC for sharing this document November 2022)

## Borton's Framework for Reflection

Taking time to reflect on experience is a crucial part of the learning process and the framework below can be a useful framework to structure thinking or conversation.

<p><b>What?</b> Describing</p> <p>What happened? What did I want to happen? What did I do? What was good/not good?</p>	
<p><b>So what?</b> Evaluating</p> <p>Examples So what is the importance of this? So what do I need to know about this? So what have I learnt?</p>	
<p><b>Now what?</b> Concluding</p> <p>What have I learned? Would I do something differently as a result of this? What do I need to do to achieve this? What will I do first? Is there anything else?</p>	