

What, So What, Now What transcript

Using the "What, So What, Now What" framework for reflective thinking can help you review an experience and discover the value it holds for you. Start with What - where you describe the situation, including who was involved, what your actions were. Then think about So What - how did your actions influence the situation. what was the result. Finally, you want to dig a little deeper and think about how your example might help you gain insight for the future. That is the Now What -what did you learn from this, what skills did you gain, what did it confirm about your goals/what surprised you, what would you do differently or the same, and what decisions does this influence for the future.