# Johns’ Model of Reflection by Helena Beeson [Video Transcript]

Reflective practice is all about learning from experience. It’s an important strategy for lifelong learning and the improvement of your professional service. It should challenge you, your previous knowledge and possibly your values. Reflective writing needs to show how you have changed through a process. As for models there is no right one. Tutors generally have a preference so check your module guide and notes. This video will talk through Johns’ model of reflection. Johns’ is often used by health practitioners, but it is can be applied elsewhere. it considers your own feelings and influences and the impact of your actions upon others. There are five stages; description, reflection, influences, evaluation and learning.

First, describe the details briefly. Any more than the key details here will be a waste of your word count.

On to reflection, Johns’ emphasises the importance of looking in, taking the time to focus your mind on the event. Consider your thoughts and feelings on the situation and identify what was relevant. Why did you feel this way? Then think bigger. Look at the event taking into account wider perspectives. Why did you act like this? What were the consequences of your actions upon others?

Then comes your influences. What influenced your actions? Think about internal factors here such as your knowledge, previous experiences and your ethical stance. Did you act for the best? Look at external influences too, such as authoritative literature, theory and your peers.

Moving on to evaluation. How could you have handled this better? What would you do next time? Consider the impact of this on you, your patients or clients and your peers.

Finally comes learning. How do you feel now about the event after reflecting on it? Try to make sense of it and identify how you have learned from the experience.

Remember, it’s impossible to do everything right the first time. Looking back at something with hindsight is a great way to move forward. Not everyone reflects automatically, if you can demonstrate your ability to reflect it may just give you the edge in the future.

If you are interested in any other models of reflection, please see the related videos. Thank you for watching.