

The Road to Critical Reflection



What? So What? Now What?

While there are numerous models of reflection, the University Honors Program relies on a relatively straightforward model: What? So What? Now What? By reflecting on these three key questions, students are able to think through the significance and future implications of their experiences.

“What?” asks what happened? What did you do? What did you experience? Who was involved? Why? What were the actions and reactions? What did you expect and what was different? What processes were involved? What were the relationships? What were the feelings brought on by the event?

“So What?” asks about the meaning and where you are right now, as a result of the experience. What impact did the experience have on you? Why does it matter? What change has happened as a result of the experience? How are you different? What is the impact on others? How do you feel now? What is the relationship between the experience and other aspects of who you are? How does this experience connect to your academic, personal or professional goals and development?



“Now What?” looks to the future. What is the next step(s)? What do you do moving forward? Who must be involved? What knowledge, resources, or skills must you have to move to the next step? How do you respond to what happened? How will you apply what you have learned? How does this move you towards your vision of the future?

