

What? So what? Now what?



LEARNING GOAL

**Turn one real experience into learning:
what it meant and what you will do next.
See page 2 for an example.**

SUCCESS CRITERIA

- ☐ I can describe one moment.
- ☐ I can explain why it mattered.
- ☐ I can plan a specific next step.

ENTRY



NAME _____ ACTIVITY _____ DATE _____

1 What?

The facts. What happened?

- What did you do? Who was there?
- What was your role or job?
- What happened at the key moment?
- What did you see and hear?

Start: *At the start, I ...*

Facts

2 So what?

The meaning. Why did it matter?

- How did you feel, and why?
- What surprised you?
- What did you learn about yourself?
- How does it link to a subject or skill?

Start: *I was surprised that ...*

Why

3 Now what?

The action. What will you do?

- What will you do differently?
- What will you keep doing?
- When, exactly, will you try it?
- Who could help you?

Start: *Next time, I will ...*

Action



Read an example, then track your skills

4 A reflection with depth

EXAMPLE: A VOLUNTEERING SESSION AT A COMMUNITY GARDEN

What I spent three hours with four other students at a local community garden. We weeded two raised beds, moved compost in a wheelbarrow and planted lettuce seedlings. The leader showed us how far apart to space them.

So what I felt awkward at first because I knew nobody **F**. The hardest part surprised me: not the digging, but agreeing who did what. We lost about twenty minutes before anyone made a plan **S**. Spacing linked to Biology: plants too close together compete for light, water and nutrients **L**. I learnt I give instructions more confidently when I have a clear job myself.

Now what At the next session, I will suggest a five-minute plan before we start and offer to keep time for each job **A**. I will ask the leader one question about the soil.

SPOT THE DEPTH **F** a feeling and why **S** a surprise

L a link to a subject or skill **A** a next action

DESCRIPTION ONLY

"We weeded, moved compost and planted lettuces. It was fun."

What is missing? Name two things.



GO FURTHER

Which skill grew most?
Write one sentence for an application: the skill, what you did, the result.

5 Skills tracker

SKILL	NOT YET	NEARLY	GOT IT	EVIDENCE: ONE THING I DID OR SAID
Teamwork Shared jobs, helped others	☐	☐	☐	
Communication Listened, explained, asked	☐	☐	☐	
Problem solving Spotted a problem, tried a fix	☐	☐	☐	
Resilience Kept going when it was hard	☐	☐	☐	

The example is fictional

1 REFLECT

2 COMPARE

3 TRACK SKILLS

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