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| **KOLB’s MODEL STEPS/ PROMPT QUESTIONS** | **WORKSHEET** |
| **Experience**  **1. Describe specific situation**  What did you see / feel / think? |  |
| **Reflect**  **2. Reflect on what happened?**  What worked and what failed?  Why did the situation arrive?  Why did others and I behave that way?  **Reflect, contd.** |  |
| **Conceptualise**  **3. What could I have done differently or better?**  How can I improve?  Find different ways for dealing with the situation  Think up strategies for when you experience similar situations again  Consult with colleagues and the literature |  |
| **Plan**  **4. Practice newly acquired learning.**  Apply your new learning back to your practice  Take own reflections and thoughts and improvements  Take theories back into your practice and try out new strategies |  |