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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 situationThink 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 practiceTake own reflections and thoughts and improvements Take theories back into your practice and try out new strategies  |    |