**Five-minute Reflection**

The activities undertaken and challenges faced by occupational therapists during the COVID-19 pandemic are undoubtedly highly stressful. No matter what setting you are working in, you will be dealing with and trying to manage significant disruption to your work and home life. This also presents us with fast paced learning opportunities from situations managed, conversations in corridors, our responses to latest developments and more.

This simple template adapts the ‘What? So what? Now what?’ model of reflection (Rolfe et al, 2001) to give you the opportunity to take just five minutes to capture learning for your portfolio and to consider what support you might need. These reflections can be referred back to in supervision now and in the future as part of capturing our learning from this global pandemic.

Five-minute CPD reflection by: Date:

Click here to enter text. Click here to enter text.

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| **What?** |
| What incident or activity prompted you to reflect?  Click here to enter text. |

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| **So what?** |
| Why was it important to you?  Click here to enter text. |
| **Now what?** |
| What will this mean for your professional development?  Click here to enter text. |

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| **Then what?** |
| What additional support do you need now or might you need in the future?  Click here to enter text. |

Please check the RCOT webpage for further information and updates concerning the COVID-19 emergency, including [the FAQs](https://www.rcot.co.uk/coronavirus-covid-19-0). Members are strongly advised to regularly check for the latest updates.

For other CPD resources and opportunities, please visit: <https://www.rcot.co.uk/cpd-rcot>

This reflection resource is based on a similar tool developed by the College of Paramedics

and used with kind permission.

Reference: Rolfe G, Freshwater D, Jasper M (2001) *Critical reflection in nursing and the helping professions: a user’s guide.* Basingstoke: Palgrave Macmillan.