

# The 5Rs Framework for Reflection

**Reporting, Responding, Relating, Reasoning and Reconstructing.**

**(Reporting and responding are often combined to give a 4Rs Framework)**

Reference: Bain, J.D., Ballantyne, R., Mills, C. & Lester, N.C. (2002) *Reflecting on practice: Student teachers' perspectives*, Post Pressed: Flaxton, Qld

In order to 'move from' a reflective trigger to a meaningful reflection on practice it is important to have a systematic method for thinking through the situation, experience etc. A good way to do that is to use a framework that prompts deep and purposeful thinking about what happened.

This will enhance not only the quality of your reflections during prac but also the personal entries, eg. experiences, that you choose to record in your Portfolio. The 5Rs of Reflection are **Reporting, Responding, Relating, Reasoning** and **Reconstructing**.

<b>Reporting</b>	A brief descriptive account of a situation / issue (ie. the reflective trigger)	What <b>happened</b> , what the situation / issue involved
<b>Responding</b>	Your emotional / personal response to the situation / issue etc	Your <b>observations</b> , feelings, questions about the situation / issue
<b>Relating</b>	Personal and/or theoretical understandings relevant to the situation / issue	<b>Making connections</b> between the situation / issue and your experience, skills, knowledge and understanding
<b>Reasoning</b>	Your explanation of the situation / issue	<b>Explaining</b> the situation/issue in terms of the significant factors, relevant theory and/or experience
<b>Reconstructing</b>	Drawing conclusions and developing a future action plan	Your deeper level of understanding about the situation / issue that is used to <b>reframe / reconstruct your future practice</b> and further develop your understanding of professional practice