

A Model for Reflection: The Focused Conversation Method

The following framework outlines the Focused Conversation Method created by ICA Associates, Inc. This method is also known as the “Objective, Reflective, Interpretive, and Decisional” model (or ORID) and is commonly referred to as the "What, Gut, So What, Now What" model.

Consider a volunteer project you have implemented in the past, or one you are planning to implement in the future. Using that project as an example, think of questions you might ask your volunteers in each of the reflection categories:

Model	Questions
Objective / Cognitive “The What”	What happened? What did you see, hear, smell, touch, say... What did you do? (Refrain from evaluating or interpreting)
Affective Reflection “The Gut”	What feelings came up for you during the experience? When were you surprised? Frustrated? Pleased? Affirmed? Disappointed? Angry? What in your history feels similar to this experience?
Analysis & Interpretation “So What?”	When have you seen something similar before? What assumptions did you find you have? What has lead to the need for your community work? What needs of yours does this experience meet? How does this relate to larger contexts, theories, and ideas? What is important about what you have learned? What difference does that make to you, to the community? What do you understand differently now?

Application & Decisional “Now What?”

Now what will you do with what you have learned? How will you apply what you have learned to your future work in the community? What has our group/class learned? What are the implications of what we have done together? What can you do to learn about this issue? To get further involved?

Source: <http://ica-associates.ca/Resources/AFC.pdf>



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