

How does the 4Rs framework guide deeper reflection in STAR-L/P?

STAR-L/P	Guiding Questions	4Rs	Deeper reflection
Situation	Describe the environment, the type of people or equipment you worked with. This gives the reader the background information and puts the experience into context.	Reporting & Responding	Report what happened or what the issue or incident involved. Why is it relevant? Respond to the incident or issue by making observations, expressing your opinion, or asking questions.
Task Action	What did <i>you</i> have to do? How did you interact with others? How did you deal with this task?	Relating	Relate or make a connection between the incident or issue and your own skills, professional experience, or discipline knowledge. Have I seen this before? Were the conditions the same or different? Do I have the skills and knowledge to deal with this? Explain.
Result/ Reflect	How did your actions resolve the task? Did your actions cause any issues? How and why? What needs further investigation?	Reasoning	Highlight in detail significant factors underlying the incident or issue. Explain and show why they are important to an understanding of the incident or issue. Refer to relevant theory and literature to support your reasoning. Consider different perspectives. How would a knowledgeable person perceive/handle this? What are the ethics involved?
Learning/ Planning	Highlight the skills that came out of the process and how they can be applied elsewhere. Or plan to explore a topic further; develop further skills by undertaking targeted activities or by studying a particular course or unit.	Reconstructing	Reframe or reconstruct future practice or professional understanding. How would I deal with this next time? What might work and why? Are there different options? What might happen if...? Are my ideas supported by theory? Can I make changes to benefit others?