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| **Weekly Review of Progress (RoP)**  |
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| **Name: Date:** |
| How to use this formBefore the meeting – trainees Trainees should complete the first two boxes on this form, detailing what you have done this week, and what you have learned as a result. It is not necessary to include everything you have done; rather, focus on key learning experiences.During the meeting – trainees and mentors Mentor and trainee should review progress against previous targets, agree targets and actions for the next week, and write these into box 3 ‘What next?’. The Partnership Handbook provides suggestions for coaching opportunities and progression across the placement. Mentors are also asked to comment on trainee progress in the final box. After the meeting – trainees Upload the completed document to PebblePad. |
| **What?** (Describe what you did this week)**Record of Activity:** |
| **So What?** (What did you learn? What did it make you think about? How did you feel?) |
| **What Next?** (What action will you take as a result of your learning - targets and actions for next week) |
| **Mentor comment on trainee progress:** |

Based on Rolfe’s reflective model (What? So What? Now What?) in Rolfe, G., Freshwater, D., & Jasper, M. (2001). *Critical reflection in nursing and the helping professions: a user’s guide*. Basingstoke: Palgrave. |
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