

The importance of reflection in professional practice

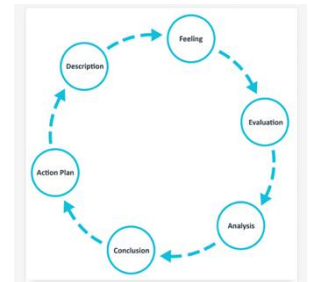
What is Reflection?

Reflection is an important skill to have as a practitioner in the early years setting. Paige-Smith and Craft (2011, quoted in Hallet 2013, p.24) states Being reflective as an early years practitioner is becoming ever more crucial the in ever-changing environment. Reflection in practice is in place to allow practitioners to review upon whether children are getting valuable learning experience from within the setting. Brookfield (1995, quoted in Hallet, 2013, p.25) claims, giving children and families better-quality experiences is the purpose of reflective practice. By deciding whether their work with children is beneficial, practitioners who engage in reflection can enhance provision and practice.

Theories of reflection

Gibbs' Reflective Cycle:

According to the university of Edinburgh (2020) Graham Gibbs developed 'Gibbs Reflective Cycle' in 1988, to provide learning using a framework. This is covered in 6 stages. **Description**- the experience, the stage to describe in detail- What happened? When? What was the outcome? What did you want to happen? **Feelings**- What feelings were felt, these feelings can then be explored to identify how they could have impacted the experience, positively or negatively. **Evaluation**- Identify the strengths and weaknesses from the experience, this will allow a strong reflective process to be made. **Analysis**- the detailed act in which extracts meaning from what happened. **Conclusion**- to conclude what could improve the outcome, summarise the points. **Action plan**- the plan for further outcomes, what would be done differently, how can this be assured to happen.



Source: University of Edinburgh (2020)

Schon's Model

Solent online learning states "Schön (1991) presented the concept of 'reflection in action' and 'reflection on action'". This model is based around reflection during practice as well as reflection after practice Solent online learning suggests, reflection in action is acting upon a situation straight away, and experiencing. Whereas reflection on action is deciding what will be changed next time, what happened that could be more effective in another way.

Kolb's Reflective model



Source: Dr Nicole Brown (2015)

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