

Reflective Practice

‘The unexamined life is not worth living.’

(Socrates, 469 – 399 BC)

What it is and what it isn't

- **It isn't**

- A simple recall of past events
- A description of events and feelings

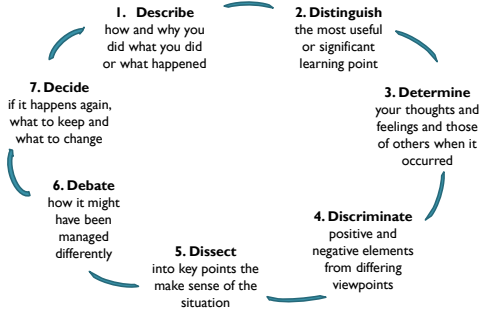
- **It is:**

- A purposeful activity – i.e. to learn and apply something new
- An active process of exploration, questioning and self-discovery
- Evidence of outcomes, enhanced learning and improved teaching.

What it should contain

- What you **learned** and how you could put the **theory into practice**
- Some **citations** and **quotations**, appropriately referenced
- **Experimentation** - vary your style and the information provided
- **Effective use of ICT** - feel free to scan in documents, images and sound files.

The Reflective Cycle



Activity

- ☐ Reflect on two learning experiences that you have had, one positive and one negative
- ☐ From your learning experiences, are you able to identify/list the **Hindering/Helping Forces** involved?
- ☐ How much are the **Helping /Hindering Forces** linked to ATTITUDE/SITUATION?
- ☐ What are your **self defeating beliefs**-what positive beliefs can you put in their place?
- ☐ How could this reflection you have just undertaken help you as a teacher?

Benefits of Reflection

- It is **motivational** as we know what we are trying to achieve and why
- It uses our existing knowledge and experience to **help us to understand** new concepts
- It builds and strengthens our current learning through critical **evaluation** of previous experiences
- It allows us to be **self-directed** and **self-aware** and helps us to identify and address our own **strengths and areas for improvement**
- It provides a record of our **growing understanding of the teaching process**, and developing thoughts and ideas so that we can look back later and see the distance we have travelled.

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- Writing something down often **helps to bring it to life** and **helps to clarify thoughts**
 - Making associations and links between different aspects and subject helps us to **remember** more easily
 - It will help us to **identify** our **preferred learning and teaching styles**
 - **It helps us to be better teachers!!**
