



## Beginning Teacher Resource

# Reflective Practice

Reflection is a cornerstone of teaching and learning. It is a cyclical process of examining your own underlying beliefs about teaching and learning and examining actual classroom practice before, during and after a lesson. You can create links between experiences, ensuring students achieve maximum progress. Reflection aims to make you, as a teacher, aware of your professional impact.

### Key benefits of reflective practice

Reflective practice:

- ensures that you gather information to inform actions that can be justified and explained to others to guide further action;
- results in increased confidence in your teaching;
- allows you and your students to adjust and respond to issues with innovation;
- ensures you become aware of your underlying beliefs and assumptions about learning and teaching;
- encourages engagement with other viewpoints, including student views;
- promotes a positive learning environment that centres on the learner.

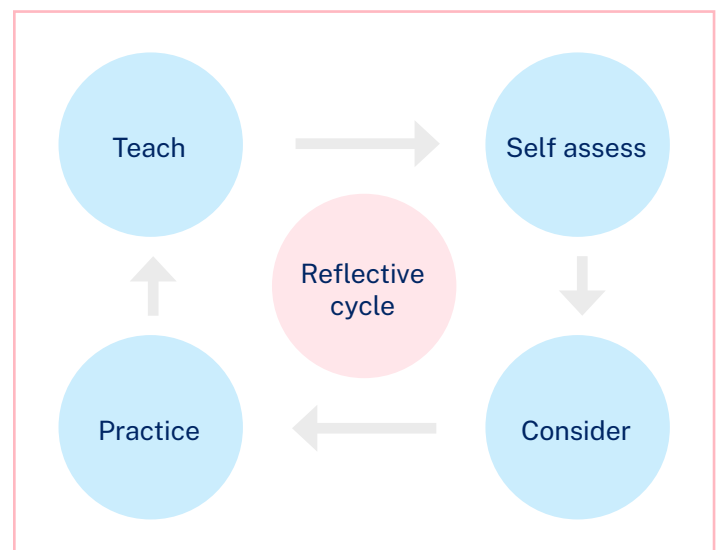
### What characteristics does a great reflective learner develop?

- Open-mindedness
- Increased self-awareness of the impact of your decisions
- Creative thinking and advocating for innovation

### How does it work?

Reflection is an ongoing cycle of:

- teaching a lesson;
- conducting a self assessment of the impact of your teaching on learning using the anecdotal or summative evidence collected;
- thinking of ways to improve teaching to further enhance learning by asking yourself to consider what did and didn't work;
- implementing new ideas into practice and starting the cycle again.





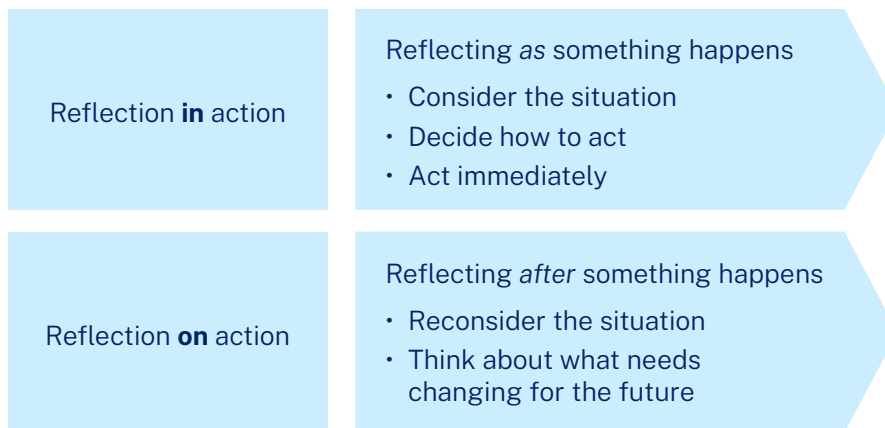
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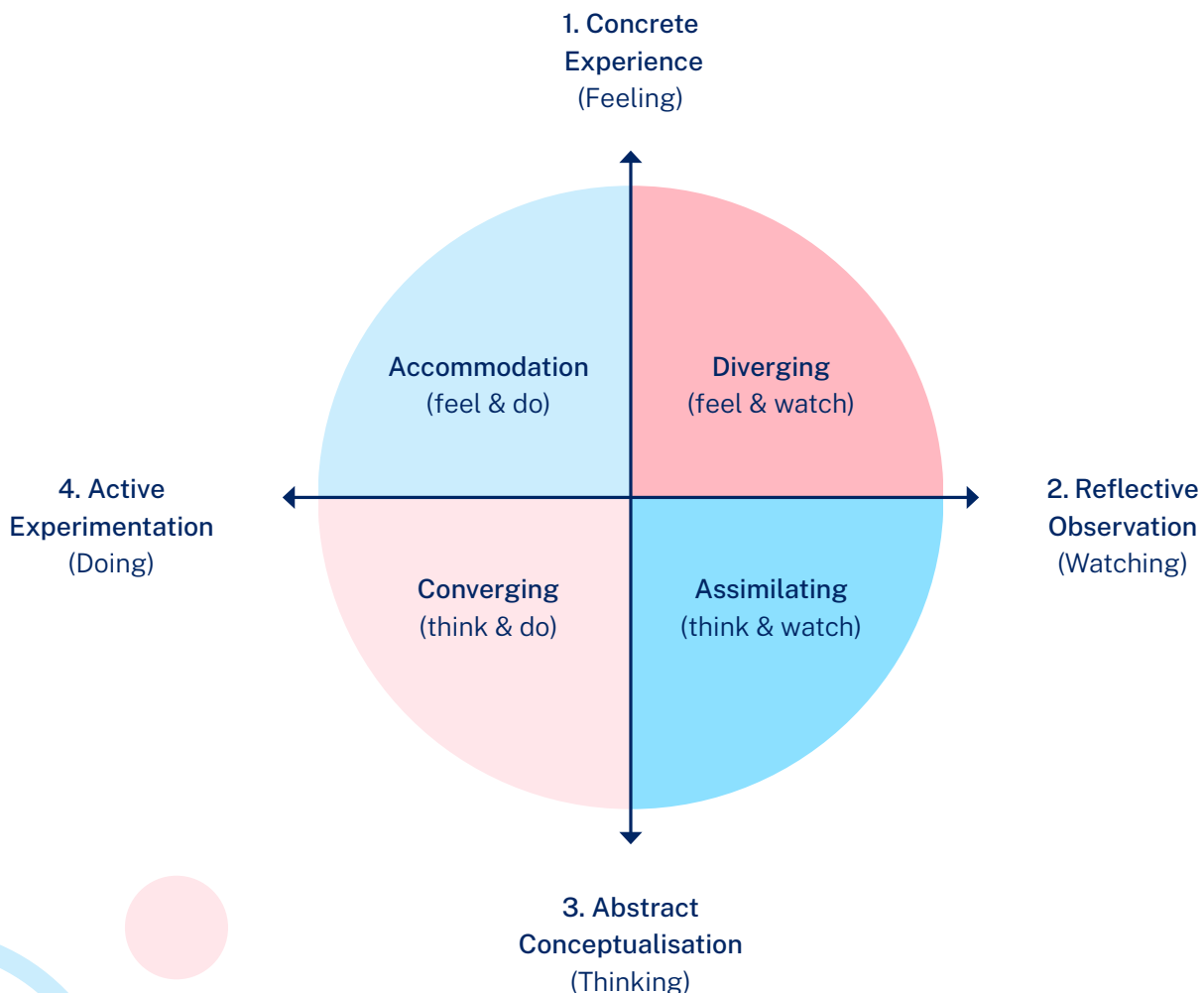
### How does it work?

Here are some models for you to consider:

Schon's reflective practice asks you to reflect both in the moment, and also after something happens.



Kolb's model on reflective learning is about learning through experience. The model indicates that you must go through four stages of experience to learn effectively. However, you can enter the cycle at any stage.





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Gibb's cycle is similar to Kolb's cycle at the core but is further broken down into six stages.



## What can reflective practice look like in my classroom?

Watch this video about [reflection on teaching and learning](#) and listen to educators talking about [critical reflection in practice in their teaching](#).

Check out these [reflective practice questions](#) to get you started.

## Want to know more about reflective practice?

For more information refer to [Strong Start Great Teachers - reflective practice](#).

### Have a question?

Contact us:

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### Find out more at:

[Strong Start Great Teachers/ Reflective practice](#)