



Charles Sturt  
University

# REFLECTIVE TEACHING PRACTICE

## Presenters

**Dr Sheeja Samuel**

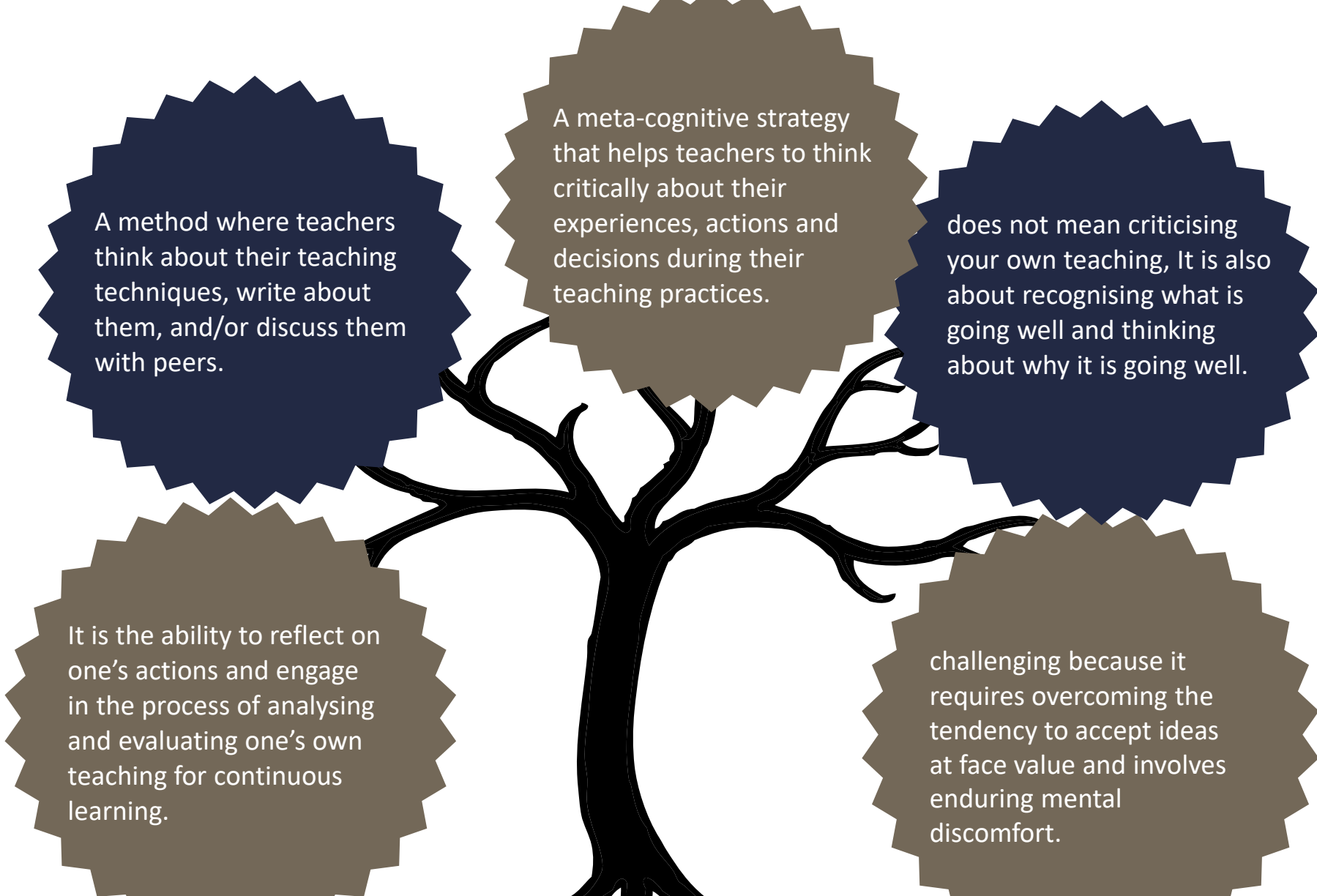
Academic Lead (Learning and Teaching Quality)  
Office of Academic Quality and Standards (OAQS)

28 Aug 2024



# Overview

- What is reflective teaching?
- Key characteristics of reflective practice
- Benefits of reflective practice
- Approaches to reflective practice
- When to reflect?
- How to reflect?
- Activity



A method where teachers think about their teaching techniques, write about them, and/or discuss them with peers.

A meta-cognitive strategy that helps teachers to think critically about their experiences, actions and decisions during their teaching practices.

does not mean criticising your own teaching, It is also about recognising what is going well and thinking about why it is going well.

It is the ability to reflect on one's actions and engage in the process of analysing and evaluating one's own teaching for continuous learning.

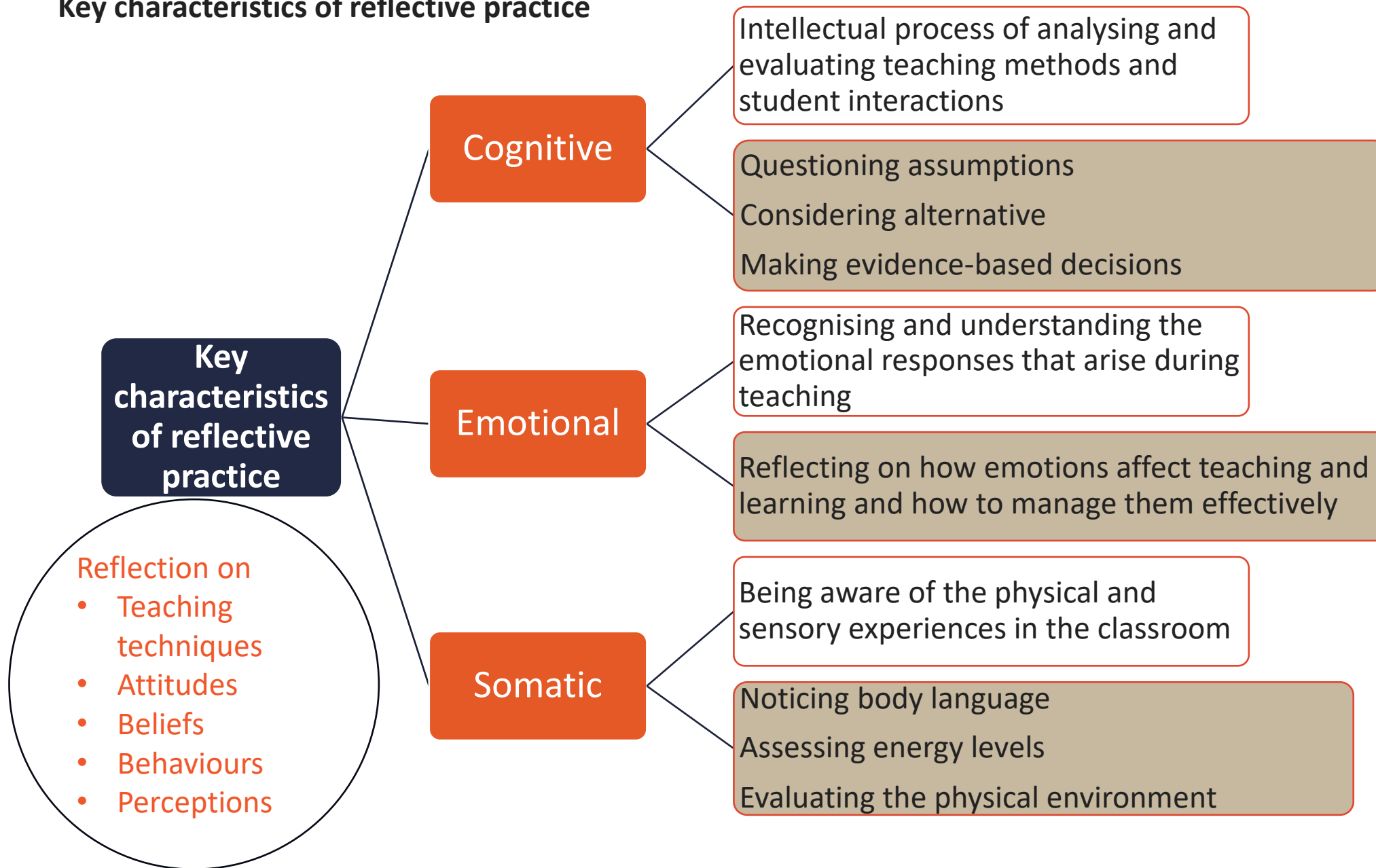
challenging because it requires overcoming the tendency to accept ideas at face value and involves enduring mental discomfort.

## What is reflective teaching?

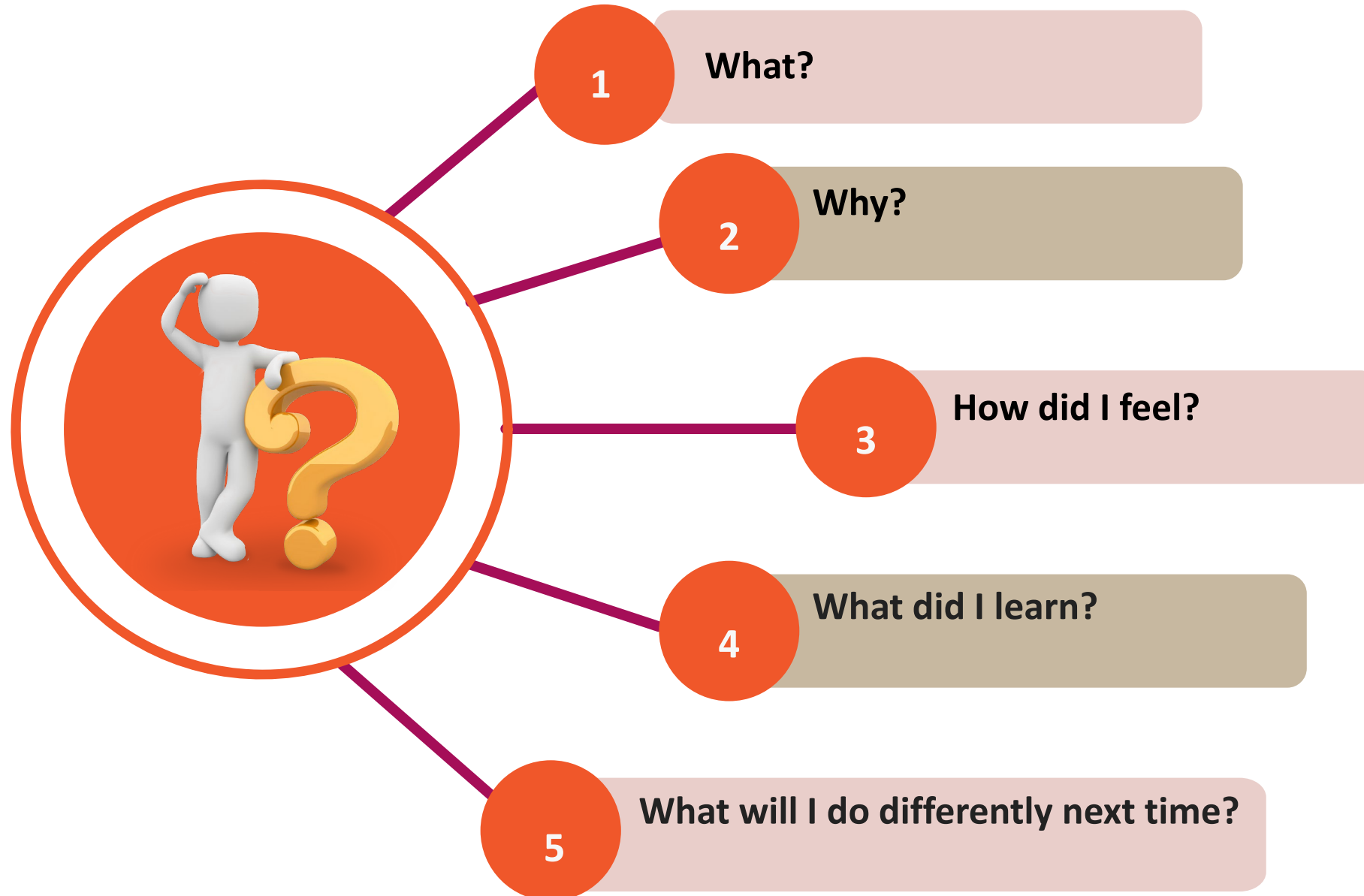
# Key characteristics of reflective practice



# Key characteristics of reflective practice



# Critical questions to ask during reflection....



Core of reflective practice



# The core of reflective practice

1

## Empowerment through reflection

- Gives control over own professional development
- Helps gain insight (what works vs what needs improvement)
- helps make informed judgments

2

## Critical evaluation of teaching methods

- Helps in analysing and questioning current practices
- Essential for continuous improvement
- Keep one updated with educational best practices

3

## Connecting reflection to action

- Reflective practice is only effective if it leads to tangible changes and improvements in teaching.

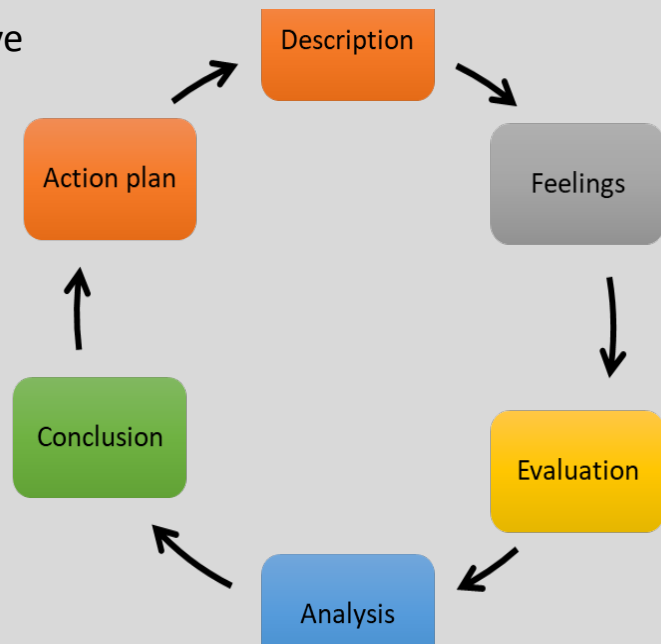


# Approaches to reflective practice

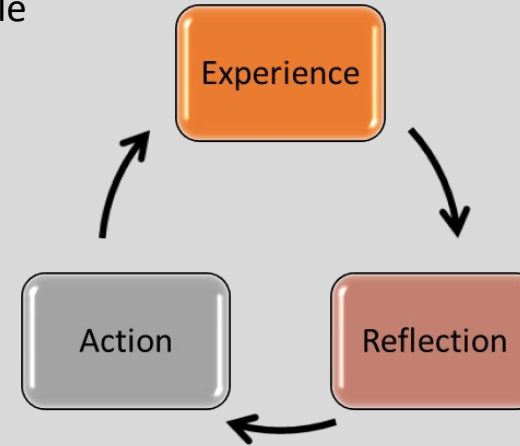


# Reflective practice models

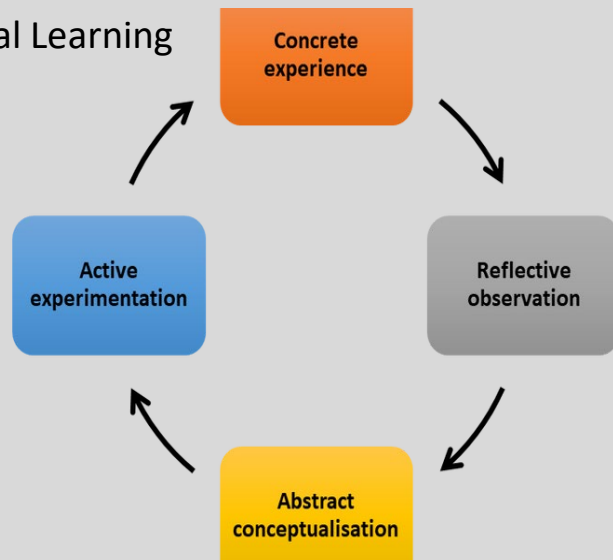
Gibb's Reflective Cycle



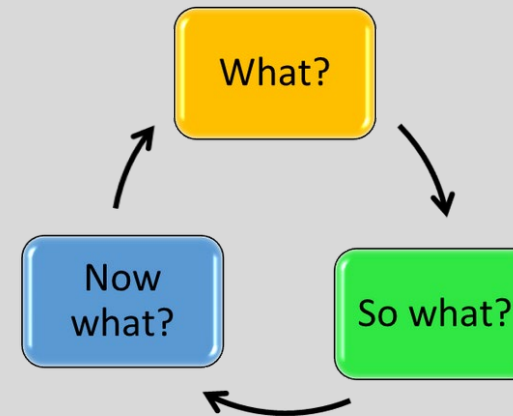
ERA Cycle



Kolb's Experiential Learning Cycle



Driscoll's What Model



# Techniques for reflection



## Teacher's reflective diary



- easiest way to begin a reflection
- after each lesson
- describe the reaction/feeling

## Video/audio recording



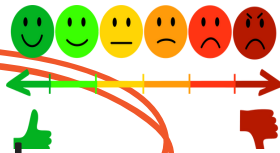
- helps as a self-assessment tool
- camera captures unaware behaviour and actions

Internal reflection

## Techniques for reflection

External reflection

## Student feedback



## Peer assessment/ supervisor feedback



- ask a trusted colleague
- set a checklist

# Reflective activity explained

[https://miro.com/app/board/uXjVKnPb3WY=?share\\_link\\_id=144512449969](https://miro.com/app/board/uXjVKnPb3WY=?share_link_id=144512449969)



# Summary

- Reflective practice should be seen as a puzzle to be solved
- Effective reflection involves applying lessons learned from the past to improve future practice
- As you reflect,
  - remember to respect and have faith in yourself and to trust the process.
  - allowing yourself the time to reflect is a gift to give to yourself;
  - understand that you might not arrive at an answer, but you will open yourself up for more questions. this, in turn, will encourage you to continue the reflective process.

# Inspirational quotes for continuous growth

“He who dares to teach must never cease to learn.”

John Cotton Dana

“Life can only be understood backwards, but it must be lived forwards.”

Soren Kierkegaard

	“If we create a culture where every teacher believes they need to improve, not because they are not good enough, but because they can be even better, there is no limit to what we can achieve.” Dylan Wiliam



## References

Adeani, I. S., Febriani, R. B., & Syafryadin, S. (2020). Using GIBBS' reflective cycle in making reflections of literary analysis. *Indonesian EFL Journal*, 6(2), 139-148.

Aydan E (2021 Jun 16). REFLECTIVE TEACHING - Part 1 | Help Line for ELT Teachers.

[https://youtu.be/\\_wTpBRkOes4?si=AGqvFHBYSRUICJu9T](https://youtu.be/_wTpBRkOes4?si=AGqvFHBYSRUICJu9T)

Aydan E (2021 Jun 23). REFLECTIVE TEACHING - Part 2 | Help Line for ELT Teachers.

<https://youtu.be/SSgcOm806xk?si=OD-DpUBfwYGc-uZ->

Cruickshank, D. R. (1985). Uses and benefits of reflective teaching. *The Phi Delta Kappan*, 66(10), 704-706.

Dharmasaroja, P. (2024). Empowering Reflection and Reflective Writing in Medical Education. *Ramathibodi Medical Journal*, 47(2), 57-69.

Harvey, M., Lloyd, K., McLachlan, K., Semple, A. L., & Walkerden, G. (2020). Reflection for learning: A scholarly practice guide for educators. *Advance HE*.

Jessica R. (Nov 2022). Self-introspection and Improvement with ERA Reflective Cycle. Retrieved August 22, 2024, from <https://crowjack.com/blog/strategy/reflection-models/era-cycle>



## References

Knight, S. (2015). Realising the benefits of reflective practice. *Nursing Times*, 111(23/24), 17-19.

Leon Benade (2015) Teachers' Critical Reflective Practice in the Context of Twenty-first Century Learning, *Open Review of Educational Research*, 2:1, 42-54, DOI: 10.1080/23265507.2014.998159

Mann, K., Gordon, J. & MacLeod, A. Reflection and reflective practice in health professions education: a systematic review. *Adv in Health Sci Educ* 14, 595–621 (2009).

<https://doi.org/10.1007/s10459-007-9090-2>

Silcock, P. (1994). The process of reflective teaching. *British Journal of Educational Studies*, 42(3), 273-285.

Soren Kierkegaard Quotes. (n.d.). BrainyQuote.com. Retrieved August 21, 2024, from BrainyQuote.com Web site: [https://www.brainyquote.com/quotes/soren\\_kierkegaard\\_105030](https://www.brainyquote.com/quotes/soren_kierkegaard_105030)

Stevenson, K. J., & Girak, S. (2013). Creative River Journeys: Using reflective practice within a practice-led research context.

Suphasri, P., & Chinokul, S. (2021). Reflective Practice in Teacher Education: Issues, Challenges, and Considerations. *PASAA: Journal of Language Teaching and Learning in Thailand*, 62, 236-264.

Suphasri, P., & Chinokul, S. (2021). Reflective Practice in Teacher Education: Issues, Challenges, and Considerations. *PASAA: Journal of Language Teaching and Learning in Thailand*, 62, 236-264.

## References

Tamera Boring, (2019, January). He who dares to teach must never cease to learn.” –John Cotton Dana. Retrieved July 22 2024 from <https://www.shinelearning.org/blog/2019/1/4/he-who-dares-to-teach-must-never-cess-to-learn-john-cotton-dana>

Vince, R. (1998). Behind and beyond Kolb's learning cycle. *Journal of management education*, 22(3), 304-319.

Wiliam, D. (2014, March 14). *Teaching: Not a research-based profession*. TES Magazine. <https://www.tes.com/magazine/archive/dylan-wiliam-teaching-not-research-based-profession>

