Self-Reflection Activity

The process of critical self-reflection

Although a number of different approaches help teachers engage in critical self-reflection, a three-part process is central to any method:

Stage 1 - The event itself

The starting point is an actual teaching episode, such as a lesson or other instructional event. While the focus of critical reflection is usually the teacher's own teaching, self-reflection can also be stimulated by observing someone else's teaching.

Stage 2 - Recollection of the event

The next stage is an account of what happened, without explanation or evaluation. Several different methods can be used during this phase, including written descriptions of the event, a video or audio recording of the event, or check lists or coding systems to capture details of the event.

Stage 3 - Review and response to the event

Next is a review of the event, processed at a deeper level. Here, questions are asked about the experience.

-Adapted from http://www.tttjournal.co.uk