

All together in reflective practice

Webinar handout

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What is Reflective Practice?

Reflective practice in teaching is a process where educators engage in thoughtful and systematic self-examination of their teaching methods, experiences, and outcomes with the goal of improving their teaching skills and enhancing student learning. It involves a cycle of self-reflection, analysis, and action, often done in collaboration with colleagues or mentors.

Why is Reflective Practice important for teachers?

- it's the most personal way of teacher development (based on our own teaching)
- it hands authority to the teacher (bottom-up approach)
- it helps us make things happen
- it helps us be updated with theory
- it helps us stay motivated and deal better with burnout
- it leads to teacher development

Why collaboration in Reflective Practice?

- teachers get the opportunity to examine, support, critique each other's work in a safe and supportive environment.
- collaboration with colleagues increase the likelihood that a teacher will be successfully reflective.
- it adds to each teacher's feeling of autonomy and confidence in our professional development.

What can teachers get thanks to collaborative Reflective Practice?

- become more confident
- find new ways of doing things
- identify issues we aren't aware of that take place in our classes
- trigger the exchange of ideas
- maintain the motivation to improve
- learn to attenuate the effects of burnout

How do we do it? (Mann & Walsh, 2017)

- Don't reflect immediately. Give yourself time but don't wait for too long.
- Describe facts.
- Recall how you felt.
- Recall your learners' reactions and responses.
- Ask yourself questions. Share questions with a friend.
- Brainstorm answers and solutions. *How do I feel about it now? What have I learned from this experience?*
- Plan how to implement the solution

References:

Mann, S., & Walsh, S. (2017). Reflective Practice in English Language Teaching: Research-Based Principles and Practices (1st ed.). Routledge.

A recording of Patricia and Ula's webinar for World Teachers' Day 2023 can be watched here: <https://www.teachingenglish.org.uk/news-events/world-teachers-day-2023/world-teachers-day-2023-saturday-7-october>