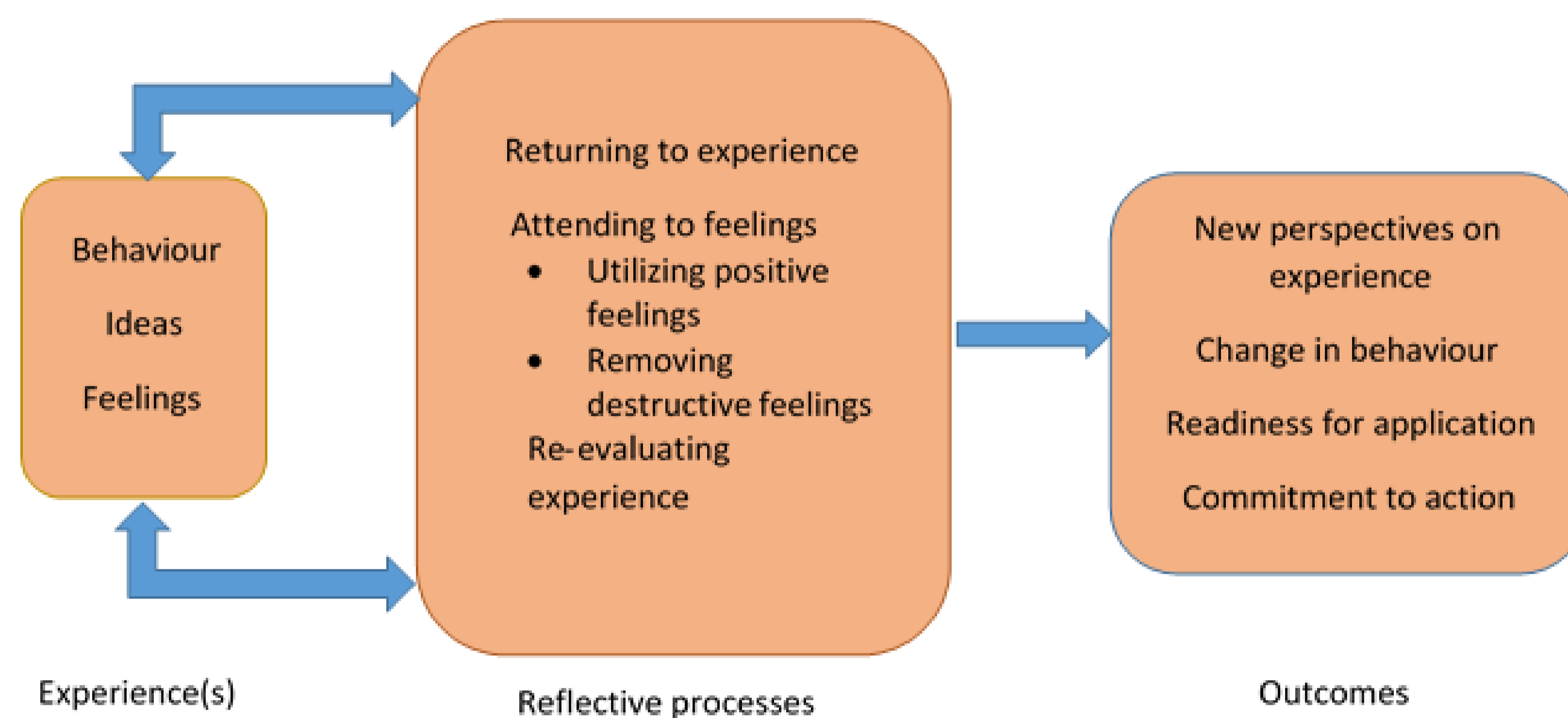


Reflection as a Tool for Learning

Boud et.al's Components of reflection



Meaningful reflection is both cognitive and emotive, it requires the reflector to step back from and question their values and beliefs, identify how they themselves feel and why, and question the actions of themselves and others including their assumptions and everyday practice.

Four Phases of Reflective Activity (Moon, 1999)

Phase 1: Develop awareness of the nature of current practice.

What is your current work practice with reference to this subject matter?

Phase 2: Clarify the new learning and how it relates to current understanding.

What is it that you have learned here/on this course that can improve your progress?

Phase 3: Integrate new learning and current practice.

How does this new learning relate to what you knew and did before?

Phase 4: Anticipate or imagine the nature of improved practice.

How will you act in such a way that your practice is improved (as a result of the learning)?

Advice for getting started with reflective writing (Bolton, 2001)

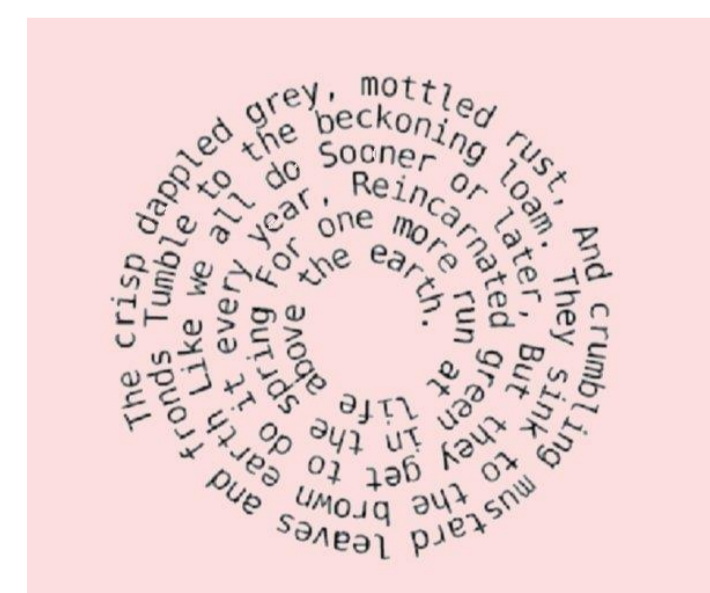
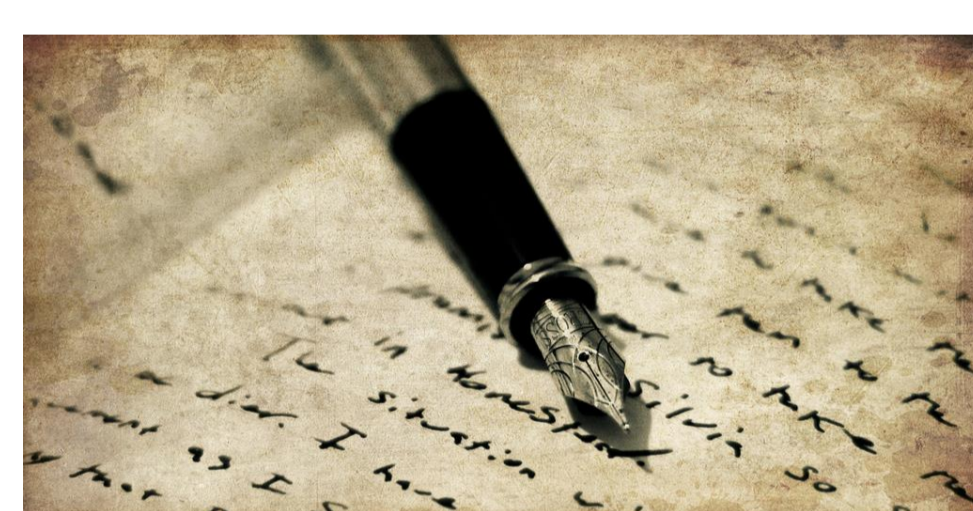
Initial Writing

- **Write whatever is in your head**, uncensored.
- Time yourself to **write without stopping** for about six minutes.
- **Don't stop to think to be critical about your writing**, it will probably seem disconnected, rubbish even.
- Allow it to flow with **no reference to spelling, grammar, proper form**.
- Give yourself permission to **write anything**. You don't even *have* to reread it.
- Whatever you write it will be right: it's yours, and anyway non-one else will read it.

Writing a reflective splurge

- **Write with a focus**
- **Choose the first event which comes to mind.**
- **Only allow twenty or forty minutes in which to write.**
- **Recreate the situation as memory gives it.**
- **Consider it fiction.**
- **Spelling, grammar, syntax, usually flow naturally in this kind of vitally charged writing.**
- **This writing does not need good form.**
- **The pen can effectively notice details:** tone of voice, clothing, spoken words, seeming incidentals, and feelings. As the experience is replayed, vital details begin to emerge. Write them ALL down.
- **Allow reactions, emotional responses, feelings.**
- **Refrain from judgements at this stage.**

Learning Journals



A key tool to aid the reflective process is writing.

Learning journals are personal and flexible, they can take any form, is organic as it grows and develops over time and can contain a variety of different media e.g. notes, to do lists, poems, sketches etc.

When Pooh got stuck he had a lot of time to reflect, this shouldn't be the only time when you do too!

