**Reflection**

We constantly reflect on our life. But more importantly when situations arose in our life we used past experiences to determine new courses of action. You learn from past experiences; give me time to think about it; I used my common sense, are phrases that sum up what reflection is all about.

It involves a surprise, a response to surprise by thought turning back on itself, thinking what we're doing as we do it, setting the problem of the situation anew, conducting an action experiment on the spot by which we seek to solve the new problems we've set, an experiment in which we test both our new way of seeing the situation, and also try to change that situation for the better.

Donald Schon,1987. The Reflective Practitioner.

**Developing a Reflective Journal**

* You are required to start preparing a reflective journal that you use during the course. These reflections can be used later when preparing your mid and final portfolio.

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During your placement we ask you to develop a reflective journal. This is something that your mentor teacher must see you keeping. They are not required to read it, but to observe you writing one and discussing issues in a reflective manner - ie having thoughts about the issue you are discussing or asking pertinent questions about the issue and or topic.

This reflective journal is used throughout your placements and is often used to provide evidence in your portfolio. It should reveal your development of the professional standards and even anecdotes that support your achievement of some aspect of the standards.

**Examples of reflection.**

In lectures – a lecturer says we cannot be a friend to the students we teach.

How do you feel about this – your initial reaction, unpack it further, what discussions do you have, what does it mean to be a friend.

In the school – after lunch a number of children run to the mentor to ’tell’ about an incident at lunch. Your mentor dismisses them all saying, ‘I am not interested in what happened at lunchtime’.

What do you think, would you listen to every story, what if it was something serious(mandatory reporting)

Evidence for development of standards – 2.1 Graduate teachers reflect on and critically evaluate ……. Excerpt from journal – (Tues)*My maths lesson on long division simply didn’t work. I got lost and confused myself as well as the children. I need to have dot points in front of me when teaching this concept and have some good examples on the white board for next time.*

*(Frid)Much better today. I went over the sequence before for myself and had the dot points on a card and had some good examples up on the board. Much better. I felt more confident and was not confused this time. Much better prepared.*

**Benefits of journaling**.

* + We learn about what we know, feel, do and why we do what we do. Keeping a journal is a way of pondering on questions, patterns and themes in one’s work, but it is a way of uncovering dilemmas, paradoxes and contradictions so as to begin to resolve them. And it Challenge the things we just accept or take for granted, Our role (student, pre-service teacher, son, mother),Habits (dreamer, smoker), and helps us to advocate and argue our opinions based on evidence of experience and reflection.

**Reflective Journaling**

* A Journal is not quite the same as a diary:
* A journal need not be written in every day.
* A journal does not record so much what you do as what you *think* and how you *feel* *about* what you do, about your life experiences and encounters, about what happens to you.
* A journal is much more deeply reflective than a diary.

I am interested in your personal response to the material about which you are learning. Journaling is a way for you to share your thoughts and feelings about the course material in an informal and more personal way than your other work in this course will allow for. Journaling is;

* + Research in a complex setting
  + Research as self as a social/cultural being
  + Data collection
  + Resource for future use
    - Facilitate change
    - About change
  + About exposing self, how it got to be like this and where to from here.

**What you should do:**

Maintain a personal journal (electronically or *legibly* handwritten), reflecting on what you have learned each day/week from what you have read, heard, done in class, explored on the Web, etc. How has the information touched or "spoken" to you? What did you find most interesting? surprising? thought provoking? What were your thoughts? You may feel free to interpret or modify any beliefs or practices you learn about to suit yourself personally.

* Begin with clear, rich, descriptive accounts (avoid internal censors)-lay person would understand
* Describe the setting
* Who was involved?
* What was happening?
* Describe any interactions-how did they happen, how was I feeling?
* Try not to filter the remembering. Be non-interpretive at this stage.
* Write down your feelings, attitudes and values. Use words, drawings, quotes etc.
* Others will not read unless you ask them to.