



## LIST OF ITEMS ON REFLECTIVE PRACTICE WIKI

[Home page](#)

*Welcome to the Reflective Practice online resource*

*Website sections:*

- [Using the website](#)
- [Definitions, models and theories](#)
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- Videos from National Star College

*Who has created the site?*

The resources have been gathered together by a team of teacher educators co-ordinated by the [Lifelong Learning Initial Teacher Training \(LL ITT\)](#) team of [Bath Spa University](#). The partners in the project are [National Star College](#), Avon and Somerset Constabulary Learning and Development Department and Exeter Council for Voluntary Service. Funding for the project has come through the [SW Centre for Excellence in Teacher Training \(CETT\)](#).

*Who is the website for?*

If you teach on Continuing Professional Development or Teacher Education programmes or coach and support colleagues to improve their teaching and learning, these resources are for you.

*What can the resource help you do?*

[Using the Website](#)

*What is available?*

Learning activities

CPD sessions / programmes

Downloadable content - activities and resources as pdf / word files etc

Web pages

Media files - to view / download / link to

Links

Lists

*Contextualising*

*Two further documents*

What, where, when and how checklist - download [as a pdf file](#) [as a rtf file](#)

Gold dust resource review - download [as a pdf file](#) / [as a rtf file](#) (

*Uses of types of content*



## Definitions

Pages in this section: | [Definitions 1](#) | [Definitions 2](#) | [Definitions 3](#) | [Definitions 4](#) |

### Definitions, models and theories 1

Reflection and learning

What is reflection?

Here are some ideas about reflection from a variety of writers:

#### *Learning Activities*

What is reflection in learning? - [download](#)

Models, frameworks and theories of reflection in learning - [download](#)

Understanding ourselves activity - [download](#)

Understanding ourselves resource for above activity - [download](#)

#### *Further Resources / Activities on this topic*

- Concise piece from the excellent informal education website on reflection at <http://www.infed.org/foundations/f-refl.htm>

- Further relevant items from the same website at

<http://www.infed.org/foundations/f-explrn.htm> - Kolb's learning theory

<http://www.infed.org/biblio/b-reflect.htm>

<http://www.infed.org/thinkers/et-schon.htm> - Schon and reflection

- 'May's reflective learning' video on YouTube - this is a really engaging video which uses the idea of building a portfolio to illustrate the benefits of reflecting on your learning and experience. You could use it in many ways, including with the [What is reflection in learning?](#) activity from above

### Definitions, models, theories 2

*Why Reflect?*

#### *Learning Activities*

Why reflect activity - [download](#)

Learning to be Reflective from the revised [Gold Dust](#) resources at:

[http://golddust.bdplearning.com/professional\\_values\\_and\\_practice/learning\\_to\\_be\\_reflective.php](http://golddust.bdplearning.com/professional_values_and_practice/learning_to_be_reflective.php)

Feedback from practitioners

#### *Continuing Professional Development (CPD)*

CPD Cycle from IfL

#### *Learning Activity*

Using the IfL six step cycle activity - [download](#)

Using the IfL six step cycle resource - [download](#)

#### *Further Resources / Activities on this topic*



Examples of CPD in action from the IfL

- [CPD builder](#) from the *Excellence Gateway*

Starts at: <http://tlp.excellencegateway.org.uk/tlp/cpd/cpdbuilder/#>

- Supporting your CPD '[how to guide](#)' go to the start page and click on 'case studies for short videos of CPD in action

[Definitions, models, theories 3](#)

*What is Reflective Practice?*

*Definitions of Reflective Practice*

*Learning activity*

What is reflective practice? - [download](#)

Models, frameworks and theories of reflective practice - [download](#)

*Complete online courses / modules in Reflective Practice*

Reflection On and In the Workplace for Students

<http://www.practicebasedlearning.org/students/docs/reflection/index.htm>

Introduction to Reflective Practice

[\\*\\*Click on this link to begin the module\\*\\*](#)

11.965 Reflective Practice: An Approach for Expanding Your Learning Frontiers  
(from MIT OpenCourseware)

Technical Requirements

Special software is required to use some of the files in this course

Available at:

<http://ocw.mit.edu/OcwWeb/Urban-Studies-and-Planning/11-965January--IAP--2007/CourseHome/>

*Further Resources / Activities on this topic*

[Reflective Practice PowerPoint](#) - Introductory (thanks to Caroline Harvey)

[Reflective Practice PowerPoint](#) - Detailed (thanks to Lorraine Simpson)

[Reflective Practice PowerPoint](#) - from the IfL

Osterman, K.F. and Kottkamp, R.B. (1993) *Reflective Practice for Educators - Improving Schooling Through Professional Development*. California: Corwin Press - 20 page extract -

[download](#)

London Pharmacy Education & Training (2005) *Reflective Practice Handout – version 2*

*Reflective Practice* - [download](#)

- Introduction to Reflective Practice - a handout from the 'old' Gold Dust Resources -

[download](#)

- What is reflective practice from the UK centre for legal education at

<http://www.ukcle.ac.uk/resources/reflection/what.html>

From the ERIC Clearinghouse on Teaching and Teacher Education there is *Reflective Practice and Professional Development*. *ERIC Digest*. at:

<http://www.ericdigests.org/2001-3/reflective.htm>

From the excellent Learning and Teaching website at

<http://www.learningandteaching.info/learning/reflecti.htm>

Escalate '[Busy Teacher Educator Guide](#)' on [Reflective practice](#) for [download \(pdf\)](#)

- Practice Based Learning



Good website with many resources including a section on Reflective Practice at

<http://www.practicebasedlearning.org/resources/reflection/intro.htm>

- Thinking about my practice: learner-focused and teacher-focused issues around CPD and reflective practice at:

<http://tlp.excellencegateway.org.uk/tlp/cpd/smallstepsbigdi/smallstepsbigdi/index.html>

- A YouTube Playlist of videos which can be used in various ways, and which will be updated periodically

## [Definitions, models, theories 4](#)

*What are the benefits of reflective practice?*

### *Learning Activities*

Benefits of Reflective Practice activity - [download](#)

Benefits of Reflective Practice resource - [download](#)

### *Further Resources / Activities on this topic*

This resource from the [UK Centre for Legal Education](#) called Developing reflective practice in legal education <http://www.ukcle.ac.uk/resources/reflection/index.html>

It can also be downloaded as a [PDF file](#) (63 pages, 341 KB)

It can also be downloaded as a [PDF file](#) (63 pages, 341 KB)

*What are the challenges associated with reflective practice?*

### *Learning Activities*

Challenges of Reflective Practice activity - [download](#)

Challenges of Reflective Practice resource - [download](#)

### *Further Resources / Activities on this topic*

- Reflective Teaching Practice in Adult ESL settings.

[http://www.cal.org/caela/esl\\_resources/digests/reflect.html](http://www.cal.org/caela/esl_resources/digests/reflect.html)

## [Reflecting on ...](#)

Pages in this section: | [Starting](#) | [Moving on](#) | [Tools](#) | [Videos 1](#) | [Videos 2](#) | [Videos 3](#) | [Videos 4](#) | [Videos 5](#) |

### *Introduction*

### *Starting Points*

### *Learning Activities*

'I am like' activity - [download](#)

Picturing your reflections activity - [download](#)

Critical incident analysis activity - [download](#)

Generic 'Reflecting On' activity - [download](#)

Videos from National Star College

Generic Reflective Practice questions

Specific Models of structured reflection

Try out and critique different models of reflection

Using D.A.T.A. activity - [download](#)



Using D.A.T.A. resource - [download](#)  
Using Brookfield's Critical Lenses activity - [download](#)  
Using Brookfield's Critical Lenses resource - [download](#)  
Using the IfL six step cycle activity - [download](#)  
Using the IfL six step cycle resource - [download](#)

*Reflective writing* - more activities in '[tools](#)'

Reflective writing activity - [download](#) - (with thanks to Linda Smith)  
Reflective writing resource - [download](#)  
Reflective writing guide - [download](#)

*Reflective speaking* - more activities in '[tools](#)'

Telling a story activity - [download](#)  
'My commentary' activity - [download](#)

*Visualising* - more activities in '[tools](#)'

Generic visualisation activity - [download](#)  
Picturing your reflections activity - [download](#)

*Recording reflection* - more activities in '[tools](#)'

Reflective diary / journal activity - [download](#)  
Reflective diary / journal resource - [download](#)

*Further Resources / Activities on these topics*

- A Reflective diary - helpsheet / activity with thanks to Linda Smith [download](#)
- Jennifer Moon Resources for Reflective Learning - [download](#)
- 'Grow' model of coaching activity - [download](#)
- Questioning for learning pack - [download](#).
- Commenting on reflective journals and reflective process analyses: Resources for Tutors and Staff Developers <http://escalate.ac.uk/resources/reflectivejournals/index.html>
- The reflective diary from 'Go Wales'. <http://www.gowales.co.uk/reflective/>
- Visible Reflection Techniques from the [Active Reviewing Guide](#)  
<http://reviewing.co.uk/articles/visible-reflection.htm>

[Moving on](#)

*Levels of reflection*

*Learning activity*

Levels of reflection activity - [download](#)  
Levels of reflection resource - [download](#)

*Other relevant content on this topic*

Levels of Reflection at the Professional Development for Academics in Teaching (ProDAIT)  
[http://www.prodait.org/teaching/critical\\_teaching/levels.php](http://www.prodait.org/teaching/critical_teaching/levels.php)  
Peter Pappas on a taxonomy of reflection at [this link](#)



Four levels of reflection at the e-portfolios for Northern Ireland Website at:

<http://tepni.com/resources/reflective-practice.html>

Videos from National Star College

### *Teaching sessions*

Star College videos above

'Get it on video' activity - [download](#)

'What a picture' activity - [download](#)

Observing another teacher activity - [download](#)

Observing another teacher resource - [download](#)

### *Teaching observations*

Star College videos above

'Get it on video' activity - [download](#)

Observing another teacher activity - [download](#)

Observing another teacher resource - [download](#)

Subject specific observation activity - [download](#)

Subject specific observation resource - [download](#)

'What a picture' activity - [download](#)

### *Tutorials*

Star College videos above

'Get it on video' activity - [download here](#)

Listening skills activity - [download](#)

Listening skills resource - [download](#)

SMART Targets activity - [download](#)

SMART Targets resource - [download](#)

'What a picture' activity - [download here](#)

### *Interviews*

Star College videos above

'Get it on video' activity - [download here](#)

'What a picture' activity - [download here](#)

[Tools for Reflection](#) - online and other tools to help reflection

### *Learning activities*

Generic visualisation activity - [download](#)

DATA\_Tools activity. - [download](#)

Using Twitter for reflection activity - [download](#)



(Listed A - Z)

## *Fotobabble*

Article from an enthusiast at:

<http://favouriteweb20things.blogspot.com/2010/03/fotobabble-make-your-photos-talk.html>  
<http://ilearntechnology.com/?p=2165>

## *Mind Mapping*

[Tony Buzan](http://www.thinkbuzan.com/uk/articles/mindmappingworks) is the best known user, and recognised as the creator of mind mapping. A supporting set of information on how they can work is at:

<http://www.thinkbuzan.com/uk/articles/mindmappingworks>

A BBC news story about how Mind Mapping can help dyslexics at

<http://news.bbc.co.uk/1/hi/education/1926739.stm>

A more sceptical story from Education Guardian at:

<http://www.guardian.co.uk/education/2006/apr/18/schools.uk>

Education related examples of mind maps to give you some ideas from one of the many sites selling software at

[http://www.novamind.com/gallery/index.php?category\\_id=2](http://www.novamind.com/gallery/index.php?category_id=2)

Creating a mindmap - simple tutorial at - just using pens and paper!

<http://homeworktips.about.com/od/homeworkhelp/ss/mindmap.htm> Free mindmapping software for download at: <http://freemind.sourceforge.net/wiki/index.php/Download> How to use Freemind tutorial at:

[http://toncar.cz/Tutorials/MindMaps/getting\\_started\\_with\\_freemind.html](http://toncar.cz/Tutorials/MindMaps/getting_started_with_freemind.html) Videos by Dennis A

few videos on the web showing how FreeMind can be used A weblinks page with many links / resources for mindmapping and other tools / visualisations at:

<http://www.shambles.net/pages/school/mindmaps/>

## *Twitter*

[Twitter \(this is an example of Jim Crawley's Twitter home page\)](http://www.onlinecolleges.net/2009/09/22/50-terrific-twitter-tutorials-for-teachers/) Excellent online article called 50 Terrific Twitter Tutorials for Teachers at:

<http://www.onlinecolleges.net/2009/09/22/50-terrific-twitter-tutorials-for-teachers/>

Highlights include:

[Beginner's Quick Start Guide and Tutorial to Using Twitter](#)

[How To Become Twitter Teacher \(TT\) In 23 Steps Or Less?](#)

[Mastering Twitter in 10 Minutes...Or Less \(Version 2\)](#)

[Twitter in the classroom](#)

[Twitter Tutorial for Teachers](#)

[Twitter Workshop](#)

[Steve Wheeler's 'Learning with e's blog' at:](#)

<http://steve-wheeler.blogspot.com/2009/01/teaching-with-twitter.html>

## *Webspiration*

An online tool for creating ideas maps; charts; flowcharts - free and has a lot of features.

The site describes itself as below: Think Visually. Work Collaboratively. Online. Anytime

The diagram below of 'Reflection and Learning' was created in 10 minutes after signing up.

<http://www.mywebspiration.com/view/415066a6b33>

[Videos 1](#), [Videos 2](#), [Videos 3](#), [Videos 4](#), [Videos 5](#)

*Videos 1*



Videos from National Star College  
YouTube videos

*Videos 2 - Lifelong Learning sector related videos from Teachers' TV*

*Videos 3 - More Videos from TeachersTV*

*Videos 4 - More videos from Teachers TV*

*Videos 5 - Videos related to other teaching and learning themes*

[Reading and weblinks](#)

[CPD Programme](#)

[List of items on site](#)