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*Professional Learning Module*  
*Developing a Reflective Practice through Quality Teaching and Learning*

### **Growing Your Practice through Reflection**

Reflective teaching is a process where teachers think over their teaching practices, analyze how something was taught and think about how the practice might be improved or changed for better learning outcomes for children.

Effective educators want to provide the best possible learning opportunities for young children. In order to do that, educators need to continually grow their practice. As an effective educator it's important to monitor your own progress just as you monitor children's progress. One way to do this is through "reflective practice."

Educators reflect with children everyday by asking them thinking questions. Reflecting on your practice begins in the same way by asking yourself:

- Why was the lesson successful? (or not)?
- How do I know the children got it?
- Was there a missed opportunity to grow their thinking?
- How can reflecting on this lesson help me plan?

It is important to pause and reflect and take time to think about an event or a lesson.

#### **Reflective Questions**

1. Was the activity/lesson a good learning experience for children? What was something a child did or said that makes me think that?
2. How did I achieve my learning goals for the activity/lesson?
3. What was one way the children demonstrated understanding of the information during the learning experience?
4. Was there a "missed opportunity," i.e. a time when I could have stretched a child's thinking, ask a better question, or made a connection to a skill or concept?
5. How can this experience support your planning for the next activity/lesson?

There are many formal ways to use reflective practice as a professional development opportunity. One way is to build a professional learning community by asking a coworker, director or coach/mentor to observe a lesson for a specific reason, and then meet to discuss the lesson. Doing this several times throughout the year would build a dialogue among teachers and make a positive difference in the quality of the educational experience for all children in the preschool program.

"Reflection allows teachers to make effective, meaningful decisions about how to respond to and plan for children. It keeps them excited about their work and grows their practice."

*Becoming a Reflective Teacher*, Carter, etc. Teaching Young Children Vol 3 No.4.  
(See link to article in the Resources for this module.)