

THE POSITIVE EFFECTS OF REFLECTIVE PRACTICES TO STUDENTS AND TEACHERS

by:

Jasmine A. Celso

Teacher II, Limay National High School

Reflective practice in the classroom refers to the process by which teachers assess and reflect on their own methods and approaches to teaching on a regular basis, making modifications as necessary. This procedure assists teachers in improving their instruction and becoming more effective educators. Reflective practices also include self-reflection, peer review, and directing student feedback. Keeping a teaching record, observing other teachers, and seeking professional development opportunities are all possibilities. Students can use reflective practice to assess their own learning and advancement.

Reflective practice is an essential component of effective teaching and student learning. By regularly evaluating and reflecting on their own teaching methods and strategies, teachers can improve their practice and better support student learning.

One key aspect of reflective practice is self-reflection. This involves taking time to reflect on one's own teaching, to identify areas of strength and areas that need improvement. For example, a teacher might reflect on how well a lesson was received by students, what worked well and what didn't, and what could be done differently in the future. This process can help teachers to identify areas of their practice that need attention, and to make changes that will lead to improved student learning.

Another important aspect of reflective practice is seeking feedback from others. This can include seeking feedback from students, colleagues, or supervisors. For example, a teacher might ask students for their thoughts on a lesson, or seek feedback from colleagues on a particular teaching strategy. This can provide valuable insights into how well a teacher's practice is working, and help to identify areas that need improvement.

Reflective practice can also include observing other teachers and seeking professional development opportunities. For example, a teacher might observe a colleague teaching a lesson, and reflect on how that teacher's approach differs from their own. They might also attend professional development workshops or conferences to learn about new teaching strategies and approaches.

Finally, reflective practice can also be used by students to evaluate their own learning and progress. By regularly reflecting on what they have learned, students can identify areas of strength and areas that need improvement. They can also set goals for themselves and track their progress over time. By providing opportunities for students to reflect on their own learning, teachers can empower them to take an active role in their own education.

SEVERAL POSITIVE EFFECTS OF REFLECTIVE PRACTICES

Improved teaching: By regularly evaluating and reflecting on their own teaching methods and strategies, teachers can identify areas of strength and areas that need improvement. This can lead to more effective teaching, as teachers are able to make changes and adjustments that will lead to improved student learning.

Increased student engagement: Reflective practice can help teachers to create a more engaging and effective learning environment for students. By reflecting on what works well and what doesn't, teachers can create lessons and activities that are more likely to capture students' interest and motivate them to learn.

Greater student autonomy: By providing opportunities for students to reflect on their own learning, teachers can empower them to take an active role in their own education. This can lead to greater student autonomy, as students become more self-directed in their learning.

Professional development: Reflective practice can also provide opportunities for teachers to continue their own professional development. By observing other teachers, seeking feedback, and attending professional development workshops or conferences, teachers can learn new teaching strategies and approaches, and stay up-to-date with the latest research and best practices in education.

Improved student outcomes: Reflective practice can lead to improved student outcomes, such as better grades, greater engagement, and a more positive attitude towards learning. Teachers who use reflective practice are better able to understand and respond to the needs of their students, and to create learning environments that are more responsive to those needs.

Better understanding of the learning process: Reflective practice allows teachers and students to understand the learning process better, and identify the strategies, mindset, and habits that work best for them. It also allows them to identify the gaps in their understanding and make plans to fill them.

References:

Coleman, Emily (September 21, 2020). Why You Should Use Reflective Practice.

Retrieved from <https://www.teachhub.com/professional-development/2020/09/why-you-should-use-reflective-practice/>

Nguyen, Hoa P. (March 26, 2021). How to Use Gameplay to Enhance Classroom

Learning. Retrieved from <https://www.edutopia.org/article/how-use-gameplay-enhance-classroom-learning/>