

# The Importance of Teacher Reflective Practice



## What is Reflective Practice (RP)?



**RP** is a continuous process where teachers **critically evaluate** learning from CPD, their teaching methods & their interactions with learners.

It involves **self-examination** & **thoughtful consideration** of their experiences to improve teaching effectiveness & learner outcomes.



## Why is it important?



- **Continuous Improvement:** RP encourages teachers to identify areas for improvement & develop new strategies & support, thus building teacher agency.
- **Adaptability:** Teachers become more adaptable & responsive to the dynamic classroom environment.



## Implementation



- Keep a **reflective journal** to document experiences & thoughts, especially when undertaking CPD.
- Continually implement **self feedforward thinking** by using a model such as 'what went well / even better if'.
- Engage in **discussions** with colleagues to gain different perspectives & insights.
- Participate in **peer observations** & share feedback & ideas.
- Stay up-to-date with the latest **research** in TLA.



## Benefits for learners

- **Improved Learning Outcomes:** Learners benefit from more effective teaching strategies that cater to their individual learning needs.
- **Increased Engagement:** Teachers who reflect on their practice can create more engaging & motivating learning environments.
- **Stronger Teacher-Learner Relationships:** Reflective teachers are more attuned to their learners' needs, fostering positive relationships.



## Conclusion



Reflective practice is a **powerful tool** for teachers aiming to enhance their professional skills & improve student outcomes. By regularly engaging in self-reflection, teachers can adapt to changes, overcome challenges & continuously grow as educators, ultimately **benefiting both themselves & their learners**.