

# Reflection on Teaching Practice

## The Continuous Reflection Cycle

**After-the-moment reflection** engages teachers in a series of processes based on various sources of information for reflection. This leads to **making** and **implementing a plan to improve** professionally. After-the-moment reflection has five steps and functions as a **continuous cycle**.



1

### IDENTIFY REFLECTION QUESTIONS

Categorize reflection questions to be more effective. Focus on one or two reflection categories at a time to keep the process of gathering feedback and taking action practical.

2

### COMPILE FEEDBACK

Feedback can be gathered from multiple sources which might include formal and informal class observations, verbal or written feedback from students or parents, and students' formative assessments.

3

### IDENTIFY GROWTH POTENTIAL

Identify potential areas for growth based on the reflection questions and feedback. Focus on one or two areas of growth at a time to keep the process of taking action practical.

4

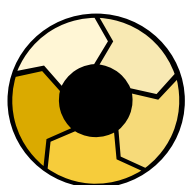
### MAKE A PLAN

Develop a roadmap for action. Planning includes matching identified potential areas of growth with action steps to meet growth potential goals.

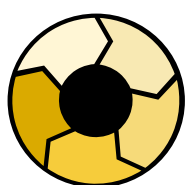
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### IMPLEMENT CHANGES

Put the plan into action by taking small steps and implementing changes. This also includes adjusting or refining the plan when new challenges arise.



**Continuously Repeat**  
**After-the-Moment Reflection**



#### Reference

- Morrow, S. (n.d.). *Self-reflection: Are you a reflective teacher*. Keep 'em thinking: Igniting critical and creative thinking. <https://keepemthinking.com/2019/05/self-reflection-are-you-a-reflective-teacher/>