

Reflecting on Teaching Practice

Benefits of Reflective Teaching

1

Boosts Confidence



- Reflective practice helps to determine what works well for students, refining effective instructional strategy best practices.
- Reflective practice helps improve both teachers' and students' confidence, as teachers find the best way to deliver the content and students are encouraged to develop a ever-growing knowledge base.



Maintain a regular journal to record thoughts on teaching and learning.

2

Encourages Engagement



- Reflective practice promotes assessment and adaption of teaching strategies to support student needs.
- Reflective practice encourages a focus on innovation, promoting and increasing student motivation and engagement.



Draw on reflections to pinpoint where teaching becomes flat, and then innovate to support student engagement.

3

Promotes Responsibility



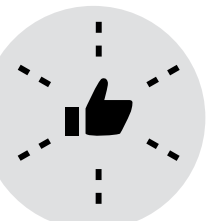
- Reflective practices help determine the best way to track student progress and growth.
- As students participate in the reflective style, their awareness of the learning cycle will increase and they will likely take more responsibility and ownership of their learning.



Ask for students' feedback on their learning experiences.

4

Benefits All



- Reflecting on each student's individual needs promotes inclusive learning for ALL students.
- A reflective learning environment supports and increases innovation, responsibility, confidence, and engagement for students and teachers.



Develop an environment of partnership with students and colleagues.

References

- Cambridge International Education Teaching and Learning Team. (n.d.). Getting started with Reflective Practice. <https://www.cambridge-community.org.uk/professional-development/gswrp/index.html>
- Leon-Henri, D. D. P. (n.d.). 12 Benefits of Reflective Teaching and Learning. Retrieved on April 5, 2022, from <https://reflectiveteachingjournal.com/benefits-of-reflective-teaching/>