

Reflective practice



Reflective practice (RP) is critical and deliberate inquiry into professional practice in order to gain a deeper understanding of oneself, others, and the meaning that is shared among individuals. This can happen during practice and after the fact, and can either be done alone or with others (Forrester, 2010; Peters, 1991; Schön, 1983).

On Reflective Practice

Reflective practice is the application of the skill of reflection to our practice in order to improve performance.

It involves creating a habit, structure, or routine around reflecting on experiences.

Journaling for Professional Development

Improving Yourself Through Reflection

“Calmly recording the details of an event after it happens can provide you with valuable "mental space," allowing you to assess – objectively and dispassionately – what has just occurred.”

Guided Reflection Questions...

Why are you here today—personally and professionally?

Guided Reflection Questions...

Is there anything about “me” that more or less contributes to the engagement of staff, families, and/or students of color in our schools and community?

Guided Reflection Questions...

What will become your personal habit for committing to this work?

"Each time a person stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he/she sends forth a tiny ripple of hope ... and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance."

– Robert F. Kennedy