

REFLECTION AND REFLEXIVE PRACTICE

‘LIFE WITHOUT INQUIRY IS NOT WORTH LIVING’
SOCRATES

1

REFLECTION

- WHAT IS IT?
- WHY IS IT IMPORTANT?
- HOW DO YOU DO IT?

2

THE ART OF REFLECTION

PURPOSE: TO BRING OUR REASONING PROCESSES AND BEHAVIOUR PATTERNS THE SURFACE AND MAKE THEM EXPLICIT.

DIFFICULT: SO MUCH OF THIS KNOWLEDGE IS TACIT AND SPONTANEOUS.

“When we develop a pattern of behaviour that works in certain situations, we will tend to repeat it until it becomes automatic. We can’t describe the processes involved because we are not aware of what is going on. It is only when something goes wrong or something unexpected happens that we may stop and think about what we did and what we could or should have done in the situation.”

Carolyn Maughan, "Learning how to learn: the skills developer's guide to experiential learning" in Julian Webb & Caroline Maughan, eds., Teaching Lawyers' Skills, (London: Butterworths, 1996)

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REFLECTION

KOLB'S LEARNING CYCLE

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    graph TD
      A[Concrete experience] --> B[Reflective Observation]
      B --> C[Abstract hypothesis]
      C --> D[Active testing]
      D --> A
    
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© Kolb, David A. (1984). Experiential Learning: experience as the source of learning and development. Englewood Cliffs, Prentice Hall.

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REFLECTION

WAYS TO SUCCEED

- KEEPING A REFLECTIVE LOG
- FINDING A CRITICAL FRIEND
- DESCRIBING THE PROCESS OF SOLVING PROBLEMS
- WRITING FROM A DIFFERENT PERSPECTIVE (THIRD PERSON)
- FREE FALL WRITING
- JOINING AN ACTION LEARNING SET
- HAVING A COACH AND/OR MENTOR
- STEPPING STONES OR MEMORY LINES
- CHANGING THE PLACE OF LEARNING

5

REFLECTIVE WRITING

Is...	Is Not...
Your response to an experience	Simply sharing information
A process of learning exploration	Only descriptive
Sense making from your experiences and considering how they have changed you	Your conclusion: a judgement or a decision (this happened so now...)
Awareness of using a problem solving process	Basic problem solving
Determining how you want to be different in a situation	An event summary

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