

Mónica Leal

Modern languages teacher

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Spanish teacher

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English as a Second Language teacher

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Transcription: What is reflective practice?

Mónica Leal:

Reflective practice is challenging your own beliefs and values in order to see the validity of that and be open to reflect and evaluate how accurate are those beliefs and to change in order to improve your professional development.

Carlos Martínez:

I think reflective practice is when you think why I'm doing something and how it works. So I would say it is a big change between how traditional teachers were. I would say it was a big distance. It has told in many books about this big distance between theory and practice, and I think that is changing. I think now teachers will have to be researchers as well. We need to research and apply the theories, adapt these theories because there is not a single truth and everything has to be adapted, every theory has pros and cons depending on the particular context where you apply it.

Paola Stockton:

For me personally, reflective practice is the beating heart of teaching. Without it, a teacher stagnates, goes dead. You need to keep on adjusting, thinking, but not just thinking alone. You have to draw into resources to see what others have said. So for me, research, reading is important. Not a lot of research, a lot of reading, but reading on key points, even just watching a small video clip that shows you how to – like once you see an area of improvement - how to improve, but it's not a simple process. It can be messy, so you're not going to get the answer or the solution for the issue immediately, it might take several tries, attempts to get it, hopefully right.

Nivedita Bose:

So reflective practice is basically thinking about your own work, how you are doing it, and how you can make it better, and there's a scope for improvement every time, so you are open-minded enough to take on new challenges and improving yourself all the time.

Transcription: What does being a reflective practitioner look like?

Mónica Leal: Being a reflective practitioner for me means to challenge my values and beliefs and see how could I improve it for my practice for professional fulfilment and for the benefit of my students.

Nivedita Bose: As a reflective practitioner, you would always be looking for ways to improve your practice, so you would ask for feedback. You would look for new research probably, new theories, and you would try to see whether your practice is anywhere aligned with that, and of course you would try and experiment with new things to improve your practice.

Transcription: What is the reflective cycle?

Paola Stockton: To summarise, the reflective cycle is first teach, reflect, action and implementation.