

Mónica Leal

Modern languages teacher

Carlos Martínez

Spanish teacher

Paola Stockton

English as a Second Language teacher

Nivedita Bose

Professional Development Manager

Transcription: What are the benefits of reflective practice?

- Interviewer:** The first thing I'd like to ask you about then are the benefits of reflective practice and how you feel it benefits you as a teacher and your learners in your classroom.
- Paola Stockton:** Well, there are many benefits to reflective practice. The advantage for me personally as a teacher is growing in confidence. So when I remember starting teaching, obviously you are being nice and you are trying to deliver your lesson, but your confidence of what you are doing, the structure of your doing for example is not crisp clear in your mind.
- However, with going back and revisiting what I have been doing over the years, you are more sure of what you are, what I'm personally doing so I can focus my teaching. I can target it to the outcome that is the desired outcome for the particular group and particular subject I'm doing.
- Carlos Martínez:** Yes, I remember the first moments of teaching as something kind of stressful. You worry a lot, you think, you over think about how your teaching has been. You are not confident about what you are doing well and what you are doing wrong.
- So being a reflective practitioner, in my opinion, is to use those strategies like finding help in other professionals, having a chat, reading something, and rethink again your practice and becoming, as you said, more confident with what are you doing well and identifying and focus what is there that you can improve.
- Mónica Leal:** Before a reflective practitioner in my opinion has helped my practice by developing my strategies in the classroom as well as targeting better the learning outcome for my classroom, being more inclusive, know more about the cultural differences between my students.
- Then it has been to be more collaborative with the staff and also teaching the children how to be independent learners as well.
- Paola Stockton:** Yes. In terms of learners, for me personally I became a better role model to my students because obviously we want them to reflect but how come we – you know - we have to practise what we are saying to them, so you could share experiences., you know, like ...



- Interviewer: How do you think you've developed into a reflective practitioner? If you were starting again, do you think you would need the support of a more experienced colleague? Do you think it's something that you develop into?
- Carlos Martínez: What I think looking back again, when I first started as a teacher it was difficult to reflect into practice. You feel kind of embarrassed only because you're doing something wrong and somebody is pointing at you, or you yourself are pointing at yourself and it's kind of frustrating or worrying. But I think the important thing is that you start a learning process, so you start practicing some strategies, gathering some facts, gathering opinions from other people, and that builds your confidence so you are less worried about making mistakes and you are using them to improve, step by step.
- Interviewer: Yes, that's great.
- Mónica Leal: Yes, I think it's very important to have the guidance from a colleague very experienced to transfer the knowledge and to save you time, and put it into practice to the aim of beginning your practice and the achievement of the children.