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## WHAT CAN I LEARN FROM THIS SECONDARY RESEARCH?

What are the effects of reflective practice on teachers' practice?

### KEY TERMS

#### Reflective practice

A process in which teachers think back about their actions so as to inform their future actions

## WHAT EVIDENCE IS SUMMARISED?

92 studies

## WHAT DOES IT FIND?

- Reflection is multi-dimensional, complex, and dynamic rather than unified and static.
- A wide range of factors such as school climate, learning participation, communities of practice, and other attributes of behaviour and emotion (interest in reflection, personal engagement, etc.) can influence teacher reflection.
- There are three types of reflections: Reflection-on, -in, and -for action.
- There are three levels of reflection: Descriptive, comparative, and critical reflections.
- Critical reflections can help teachers link the lessons learned from their practice with the social context.

## HOW CAN I USE THE FINDINGS IN MY TEACHING?

- Reflective practice should be implemented in pre-service teacher training programs.
- Reflections should focus on teachers' identity, in addition to their practice.
- Reflection is not only about describing and explaining, but also making changes.
- Teacher reflection can be the most affordable and reliable professional development for teachers.
- Action research can help teachers solve their classroom-related problems and hone their reflection skills.

