

How Teachers Can Practice A Reflective Routine

Keep a Journal

Documenting your reflections on your own teaching practice and what you can do to improve it not only helps you to pay attention to the present moment but also helps you to develop a better understanding of your own skills and weaknesses.

Rely on Guiding Questions

Use your self-observations and turn them into guiding questions to help you reflect further. This way, you can easily identify what didn't work with your lessons and how you can make it better the next time round.

Peer Reflection

Partner up with a colleague and you'll have a more fulfilling exchange of ideas using your guiding questions. Compare your teaching approaches, strategies and lesson plans to come up with even better solutions.

