

Practice makes perfect:

Reflection for transformative learning

HERDSA Wednesday, 28th June, 2017



At today's showcase you will

Consider the scholarship underpinning good reflective practice in higher education

Experience different approaches to reflective practice

Review and evaluate appropriate reflective practices for your learning, teaching and host context

Develop a short action plan on how a chosen reflective practice can be used in your context

Receive a *Reflection for learning* resource kit

The reflection showcase is an experiment

We believe that reflection...

- supports our transformative learning
- and contemplative practices support our well-being
- and planning reduce our ‘cognitive load’
- slows down the interval between thought and action
- enhances creativity



WARNING

Reflection is dangerous

- It can challenge the comfortable areas/ parts of your professional life
- Reflective practice relies on your mind (cognition) as well as your attitudes e.g. Open minded, responsible, whole-hearted (Dewey)
- <http://logo-kid.com/caution-sign-template.htm>

Kym's reflective practice

Kym returned to Sydney after a session 3 WIL experience. When attending the debriefing session Kym was asked to 'reflect' on this experience. While having so many questions and wanting to share experiences and frustrations, Kym didn't know how to pull all of this together into one succinct answer. So Kym just said it was a great experience, had some sandwiches and went home.



“We do not
learn from
experience...we
learn from
reflecting on
experience.”
–John Dewey

A short reflective activity #1



<http://www.speareducation.com/spear-review/wp-content/uploads/2013/07/Five-Minutes.jpg>

There are different approaches to reflective practice

Technical/ Analytical Reflection	Personalistic Reflection	Critical Reflection	Creative Reflection
Aims to generalise for wider population	Aims to answer questions that matter to us, at that current time	Aims to develop commitment towards change (societal, political) towards well being	Aims to express the inexpressible
Uses analytical statements and technical rationality	Use of emotions, personal narratives and emotional rationality	Use of critical rationality and emancipatory statements	Use of “childlike” rationality and various form of art to liberate the mind

A short reflective activity #2

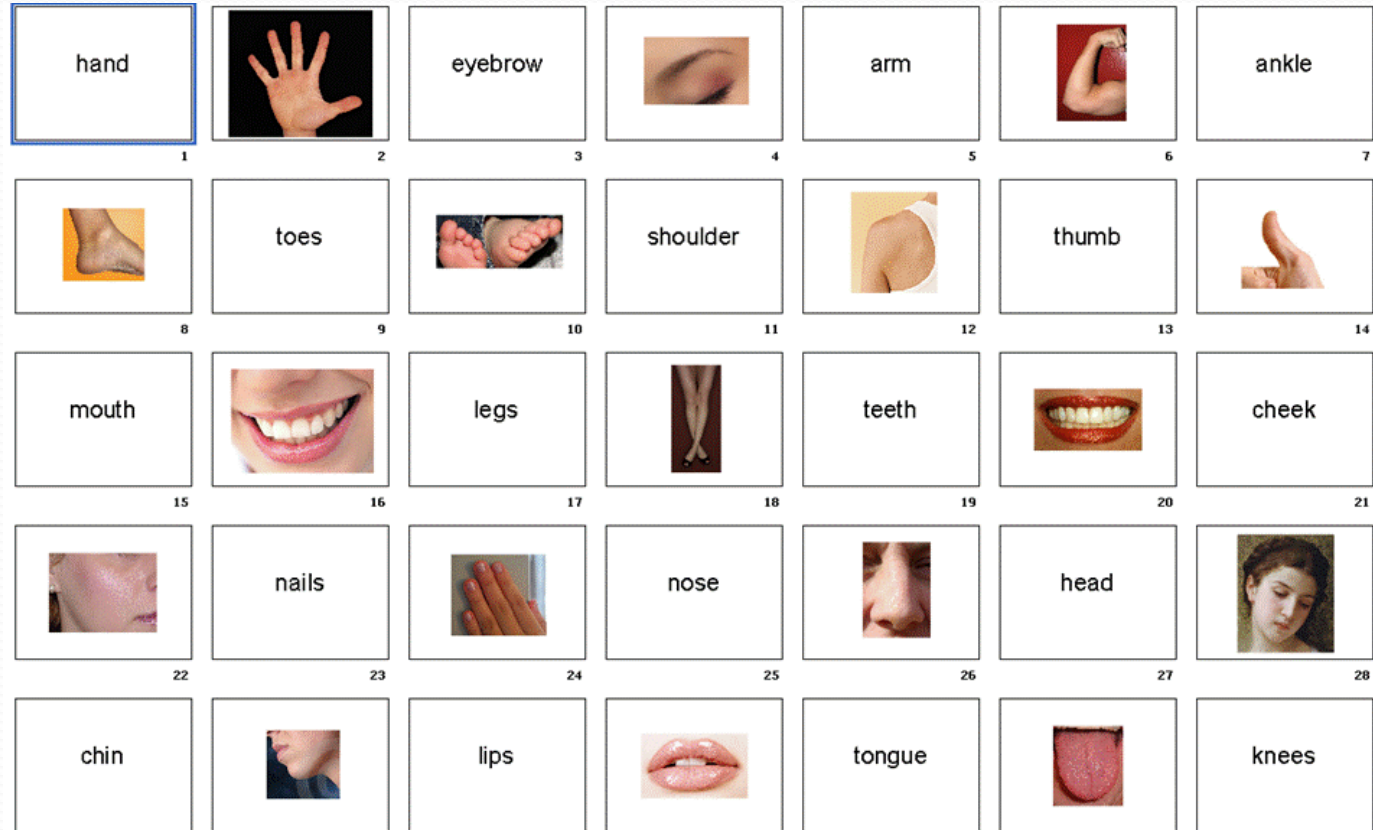
time for a drink



<http://spectatortribune.com/article/dr-booze-gives-a-vodka-workshop/>

Reflective activity #3

Body parts Creative (Harvey, et al 2012)



<http://figur8.net/baby/wp-content/uploads/2010/05/Slides-PoB.gif>

Time to vote



<http://blog.groupon.com.au/raiders-of-the-lost-voucher/>

Reflection *for* action

- Individually or as a group
- Use the “action plan template”
- Plan one action that you could take in the next week

And there's more...
resources for you



<http://www.steak-enthusiast.com/2011/03/worlds-first-steak-knife/>

Reflection for learning resources

Videos

Title	URL
Reflection for Learning - Debriefing	http://youtu.be/dKuoCmvSHZw
Reflection for Learning - How do you assess reflection?	http://youtu.be/q5xaJMMZRkY
Reflection for Learning - Methods of reflecting	http://youtu.be/H69iEPbH3r4
Reflection for Learning - Planning for reflection in learning and teaching	http://youtu.be/izJK3a7lD8c
Reflection for Learning - What does reflection mean to you?	http://youtu.be/MfL5zavoT8A
Reflection for Learning - Why do you use/teach reflection?	http://youtu.be/ZLs7mZmCCLo
Macquarie University Reflection for Learning - The student perspective: What is reflection?	http://youtu.be/BzFckjPepro
Reflection for Learning - The student perspective: What are the benefits?	http://youtu.be/6iMWjjCKQG4

More Videos

Title	URL
Reflection for Learning - The student perspective: How do you reflect?	http://youtu.be/RHwcFVoZ7Ko
Reflection for Learning - The student perspective: Challenges of reflective practice	http://youtu.be/IXGdeBz3H1l
Reflection for Learning: Discipline Case Study – Science (Dr K-Lynn Smith)	http://youtu.be/Anuo87sy4Q
Reflection for Learning: Discipline case study - Museum studies (Dr Theresa Winchester-Seeto)	http://youtu.be/9rYhnbPZipU
Reflection for Learning: Discipline case study – Marketing (Dr Chris Baumann)	http://youtu.be/oiBggENPr_g
Reflection for Learning: Discipline case study - Adaptive management (Dr Greg Walkerden)	http://youtu.be/oU6CAWrIngc

More resources

- Refer to publications handout
- Different ways of reflecting (digital storytelling)...
- <https://drive.google.com/file/d/oB4z7UxTQ4qksVjdJYndTRmpOUkk/edit?usp=sharing>



Thank you