

Skill Enhancement Course-Education

B.A Programme Semester-4

Paper: Reflective Learning

By: Neha Goswami

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Email: nehagoswami003@gmail.com

Let's Revise

According to Schutz skills needed for reflective practices (2013)-

- * Self-awareness
- * Description
- * Critical analysis
- * Synthesis
- * Evaluation

Tools for Reflective Learning-

- * Journal writing
- * Diaries
- * Blogs
- * Audio-Visual, Visual
- * Human inquiry group,
- * Action Research
- * Personal Development Planning (PDP)
- * Dialogue

Journal writing/Diaries

- * A reflective journal/Diaries is the perfect place to jot down some of life's biggest thoughts. In a reflective journal, you can write about a positive or negative event that you experienced, what it means or meant to you, and what you may have learned from that experience.

Why Journal writing ?

- * **To make sense of things that happened.**
- * **To speculate as to why something is the way it is.**
- * **To align future actions with your reflected values and experiences.**
- * **To get thoughts and ideas out of your head.**
- * **To share your thoughts and ideas with others.**

Tips To Get Your Reflective Journal Started

- * **ALWAYS KEEP THE JOURNAL NEARBY**
- * **MAKE REGULAR ENTRIES**
- * **PARTICIPATE, OBSERVE, SUMMARIZE AND CONTEMPLATE**
- * **REVIEW REGULARLY**

Task: Write about what you want out of the next five years of your life and what you can do to achieve these goals.

Blogs

- * Reflection doesn't have to be boring. Neither does it have to be about writing a text. There are many digital tools you could use for reflective practice.

- * Blogs

Setting up a reflective blog can be helpful as it can act as a diary and record your journey. You can add text, video, audio and images to share your reflections with others in the same position.

- * Vlog

If you would prefer not to type, you could set up a voice or video blog – a vlog.

How to Write a Blog (Some Tips)

- * **Choose your blog post topic**
- * **Pick one clear angle.**
- * **Get organized.**
- * **Write naturally**
- * **Write emotionally**
- * **Close strong**

* Examples:-

* https://www.feedspot.com/infiniterss.php?_src=feed_title&followfeedid=4924955&q=site:https%3A%2F%2Fwww.thebetterindia.com%2Ftopics%2Feducation%2Ffeed%2F

* Vlog-

<https://www.youtube.com/channel/UCT7EcU7rC44DiS3RkfZzZMg>

Audio-Visual,

- * Audio-visual is, of course, a combination of two words: *audio* referring to that which we can hear, and *visual* referring to that which we can see.
- * Audio-visual instructional media potentially empower teachers to facilitate more effective learning process in the class by engaging learners in the media.
- * The elaboration of audio and visual media appears to increase student motivation.

Dialogue

Dialogue, or two-way communication, whether in the form of questions or sharing viewpoints, serves at least five purposes.

1. It provides the critical opportunity for learners to ask questions for clarification or the deeper implications about what is being learned.
2. When learners have to explain what they currently understand in spoken or written words, it makes what is being learned more concrete, and can reveal gaps in learning. The feedback received can clarify or refine learning.

3. The process of putting ideas into words is itself an important form of active engagement with the content, and a way of growing knowledge (even without feedback). If you have never expressed something in your own words, you do not know it fully.

4. Dialogue helps learners integrate new learning with existing knowledge.

5. Dialogue brings new content into the course by drawing upon the existing and growing knowledge of learners.

For Next Class

ContinueTools for reflective learning

Human inquiry group

Action Research

Personal development Planning

QUESTIONS?

COMMENTS?

CONCERNS?

