

Reflective Practice in the Classroom

How can we incorporate an ongoing student reflective practice in the classroom?

The famous American philosopher, psychologist, and educational reformer, John Dewey had said “We do not learn from experience, we learn from reflecting on experience.” Teaching children to reflect and think about actions is as important at home as in the classroom. Therefore, whenever possible we must collaborate with parents to make reflective practice a way of life for our students.

In the classroom, we could take small steps like setting daily goals in a quick morning meeting. At the end of the day, the class should gather and revisit their goals and answer questions such as: Did we achieve our goal? If yes, what contributed to my success? If not, what could I have done better or differently? Students could take a few moments to make a journal entry.

Students could also use reflection for a specific activity. Following a rubric, completing their task and then checking back to see if they met all the required standards, thinking about where they fell short, where they did well and the reasons for the same, are also reflective activities. This habit could be extended to our students’ lives back home, where parents can sit with their children before bed time and discuss one pleasant experience each family member had and what caused that experience and one sour experience and the causes for the same. This should be focused on our individual actions that contributed to the occurrence and what could have been done differently to make the sour experience sweet.

Reflective thinking is a powerful tool, which in John C. Maxwell’s words, turns experience into insight.