

**EXERCISING REFLECTIVE TEACHING PRACTICES : A KEY COMPONENT FOR  
STRENGTHENING TEACHING LEARNING PROCESS**

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**Abstract**

Teachers throughout their career must continually refine their skills, lesson Planning, Classroom Management while engaged in a complex teaching learning activities. Teaching is the Reflective profession. Reflective practice helps teacher to have a deeper understanding of their own Teaching styles, teaching beliefs and teaching identities. The present extract accentuates exercise of Reflective Teaching Practices is a key component for strengthening Teaching Learning process . The reflective Model, the techniques and the suggestions gives an evidence about the knowledge of various dimensions a teacher should have to enrich Teaching Learning process adopting Reflective Teaching Practices.

**Introduction**

An ideal teacher should have many qualities. A student remembers such a teacher for long. An ideal teacher usually possesses these qualities citing few as efficient, perfectionist, encouraging, approachable, caring , intelligent, enthusiastic, open , humorous, relaxed style in teaching.

A successful Teacher is one who transforms students through her conduct, principles, knowledge, morality self-discipline etc.

Theoretically, no teacher will ever become totally ideal and successful. Becoming totally ideal and successful would mean that the teacher has achieved such a level of perfection that she or he no longer requires further effort toward improvement.

Writers Sculptors, Painters , Composers develop their craft so must teachers throughout their career must continually refine their skills, lesson Planning, Classroom Management while engaged in a complex teaching learning activities.

The teacher is expected to perform role of :

- Manager of classroom instructions
- Facilitator of learning
- Mobilizer and Manager of resources
- Designer and organizer of pupil Evaluation
- Planner and organizer of Co-curricular activities
- Mentor and counselor of children
- Curriculum Developer
- Service provider for the community and parents
- Researcher and Innovator

Teaching is the Reflective profession. Whether these roles are exercised efficiently is hardly reflected upon . To develop a better understanding of the role it is essential to reflect on action.

### Reflections on Teaching Practices

Reflection in a mirror is an exact replica of what is in front of it. Reflection in professional practice , however gives back not what it is, but what might be, an improvement on the original.

Reflection is simply look upon

- What we have been Teaching
- How we have been teaching
- Where is scope of improvement
- What are the challenges of the Course
- What type of Ethnic group are we handling

Reflection involves what teacher does before entering the classroom and retrospecting after leaving the classroom. It is a metacognitive strategy that helps Teachers to think critically upon their experiences, actions and decisions during their teaching practice . Reflective practice is a continuous process. It is a self regulated process that helps us to develop personally .

It is indispensable to think :

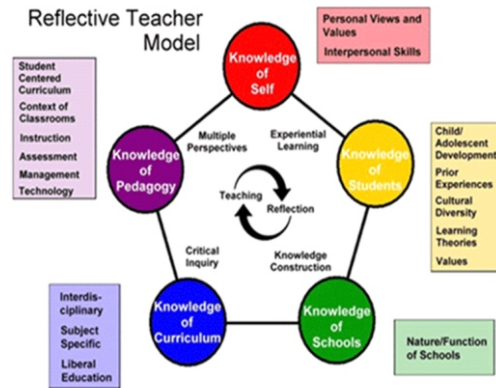
**For every lesson, activity and action:**



### Reflective Practices to strengthen Teaching Learning Process :

Reflective Teaching is not a new idea. Dewey (1910, 1916) believed that teachers should take time to reflect on their observations, knowledge, and experience so that they can effectively nurture each child's learning. Reflective practice helps teacher to have a deeper understanding of their own Teaching styles, teaching beliefs and teaching identities. They should be constantly into the process of self observation and self evaluation. This reflective practice would be means of professional development which begins in the classroom. Some points of consideration in the reflection process might be what is currently being done, why it's being done and how well students are learning.

Primary benefits for reflective practice for teachers is a deeper understanding of their own teaching style and ultimately, greater effectiveness as a teacher



The reflective Model gives an evidence about the knowledge of various parameter that a teacher should consider to enrich classroom practices by exercising reflective practices.

Likewise the Teachers need to exercise reflective practices into the following areas:

1. Reflection on Self: Reflection on self as an Emerging, Developing and Maturing professional.
2. Reflection on Content:
3. Reflection on methods and Materials
4. Reflection on the context of Teaching and Learning
5. Reflection on Assessment as a Process for change
6. Reflection on Student Diversity

**Techniques for Reflective Practices in Teaching and Learning:**

Sr. No.	Techniques	How to include it
1.	<b>Teaching Journals:</b> A Teacher response to Teaching Events	Take 10 minutes after class to write in the journal your personal reactions, questions or observations about problems, description of significant aspects and ideas for future analysis.
2.	<b>Lesson Reports:</b> Written accounts of lessons describing their main features	Beforehand prepare your lesson report format and after the class, fill it in including what happened in the lesson, the time spent and its effectiveness.
3	<b>Surveys and Questionnaires:</b> Administering a questionnaire or applying a survey to collect specific information about teaching or learning	Twice in the semester , administer a questionnaire to the students so that they evaluate specific aspects of your class.
4.	<b>Audio and video –recordings:</b> Recording of a lesson or part of a lesson	This can be used as an additional technique to support the findings you obtained using the other ones since recording sometimes may provide subjective information and can be disruptive.
5.	<b>Observation</b>	Have a close colleague observe your regular class on a regular basis. s/he will probably see aspects that you do not see for being involved in teaching itself.

**Suggestions for strategies to use for Reflective Teaching practices:**

1. Link Theory with Practice
2. Study your teaching for personal improvement by reflecting regularly
3. Evaluate your teaching using Research preferably Action Research
4. Question your Personal Theories and beliefs by critically analyzing self.
5. Consider alternative perspectives and possibilities by having learning conversation with your own self.
6. Try new strategies and innovative ideas.
7. Maximize the learning potential of students using inclusive practices
8. Enhance the quality of your Teaching by adopting effective practices and accepting the complexities of teaching and learning.. .
9. Be a professional Learner with right attitude, knowledge and competencies.
10. Give feedback to students that is clear, actionable, timely, consistent and goal oriented
11. Collaborate with other teachers to study and improve the practices.
12. Read Research on teaching and learning on a regular basis

**Conclusion**

Teaching and Learning is a complex process. Reflection demands Maturity and personal self indulgement.. It is not quick and easy. Reflective Teaching implies a more systematic process of collecting, recording and analyzing our thoughts and observations, as well as those of our students, and then going on to making changes.

As a result of reflection one may decide to do something in a different way, or one may just decide that what one is doing is the best way. Effective Teachers have a responsibility to reflect on their practice regularly in order to improve, renew, and grow - both personally and professionally.

**Referncess**

University News 8<sup>th</sup> Vol.48No.20 May 17-23, 2010.

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