

Reflective Practice Leading to Metacognition

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Abstract:

This 90-minute session will immerse you in the theory and practices regarding reflection practices. Our lives today are so busy often we just perform our daily routines without stepping back for a moment to consciously think about what we did, why we did it and what did we learn from the experience. To improve our own lives as well as make a better world for all of us, the art of reflection is very powerful. We will practice some of these techniques in this hands on approach. You will leave with a personal plan to develop your reflective practices.

Learning Outcomes:

- 1. Analyze reflective practices theory and examples. The what, why and how. How can this be improved to meet goals?
- 2. Assess current reflective practices
- 3. Develop a personal reflective practices plan

Facilitation Plan:

- 1. Pre-workshop needs Use a survey to determine current reflective practice knowledge
- 2. Reflective practices theory and examples. The what, why and how. How can this be improved to meet goals?
 - a. Review the pre-session survey results to demonstrate assessment of prior knowledge.
 - i. How can this be used in the reflection process?
 - ii. Explain and use the Daily Learning Journal
 - b. Show Faculty Guidebook and the Student Success Toolbox
 - i. Using handouts of Reflection -Meta Cognition have them read the article.
 - 1. Explain and use a Critical Reading Log
 - 2. Show a Vocabulary Log
 - 3. Enter this in the Daily Learning Journal
 - ii. Using the handout explain how to use the critical thinking questions for students and teacher.
 - 1. Take a few minutes to write questions down on the sticky notes.
 - 2. Show how you can work with them real time as well as collect them for reflection at a later time.
 - c. Review the rubric of Reflective practices
 - i. Give and ask for examples in the levels.
 - ii. Document in your Learning Activity Journal
- 3. Assess current reflective practices
 - a. Explain and the free write, field notes, collection points and weekly reviews as ways to document.
 - b. Conduct a free write reflecting on this session so far describe the things that have made you think in a new way. What ideas, concepts and tools constitute your new way?
 - c. Pair share free write with someone at your table.
 - d. Document in your Learning Activity Journal

Facilitation Plan (con't):

- 4. Develop a personal reflective practices plan
 - a. Using the theory and tools presented and practiced so far in our session complete the reflective practices plan form.
 - b. Share with the group
 - c. Document in your Learning Activity Journal

Resources:

Facilitator-provided handouts for participants include:

Student Success Toolbox

Faculty Guidebook

- a. Daily Learning Activity Journal
- b. Critical Reading Log
- c. Vocabulary log
- d. Reflection Meta Cognition
- e. Free write
- f. Field notes
- g. Collection points
- h. Weekly reviews
- i. Critical Thinking Questions for Students and Teachers
- j. Personal Reflection Plan form

Room Needs:

- Screen; overhead projector; laptop; internet access
- Copies of: Student Success Toolbox; Faculty Guidebook
- Recorder; timer (chimes?)

Notes	