This newly updated fifth edition of Gillie Bolton’s bestselling book explores reflective writing as a creative and dynamic process for this critical enquiry. Seeking to enhance their reflective writing skills and to examine their own practice in greater critical depth. Discover the world's research. 20+ million members. Reflective practice helps create confident teachers.

Reflective practice develops your ability to understand how your students learn and the best ways to teach them. By reflecting on your teaching, you identify any barriers to learning that your students have. You then create lessons which reteach any content which your students have not been able to access to allow them to overcome any obstacles and develop.

**Reflective Practice: a Practical Guide.**
Author: Paul Surgenor
Email: paul.surgenor@ucd.ie
Date: May 2011.

**What is Reflective Practice?**
Look at the three definitions of reflective practice for a couple of minutes.

Reflective practice, practitioners engage in a continuous cycle of self-observation and self-evaluation in order to understand their own actions and the reactions they prompt in themselves and in learners (Brookfield, 1995; Thiel, 1999). Abstract Reflective practice is a process that facilitates teaching, learning and understanding, and it plays a central role in teachers’ professional development. When student teachers carry out systematic enquiry into themselves, they understand themselves, their practices and their students. By constantly looking into their own actions and experiences, they professionally grow in their own.

**REFLECTIVE PRACTICE.**
This booklet and associated workshop has the following learning outcomes. Participants would be expected to be able to: explore their own current perceptions of reflective practice and its usefulness in teaching.

**Task**
For five minutes, reflect on what you think might be the benefits of becoming a reflective teacher who inquires into your own practice. These benefits might be theoretical, practical or both. Write them down.