

# “So, just what goes into a reflective journal?”

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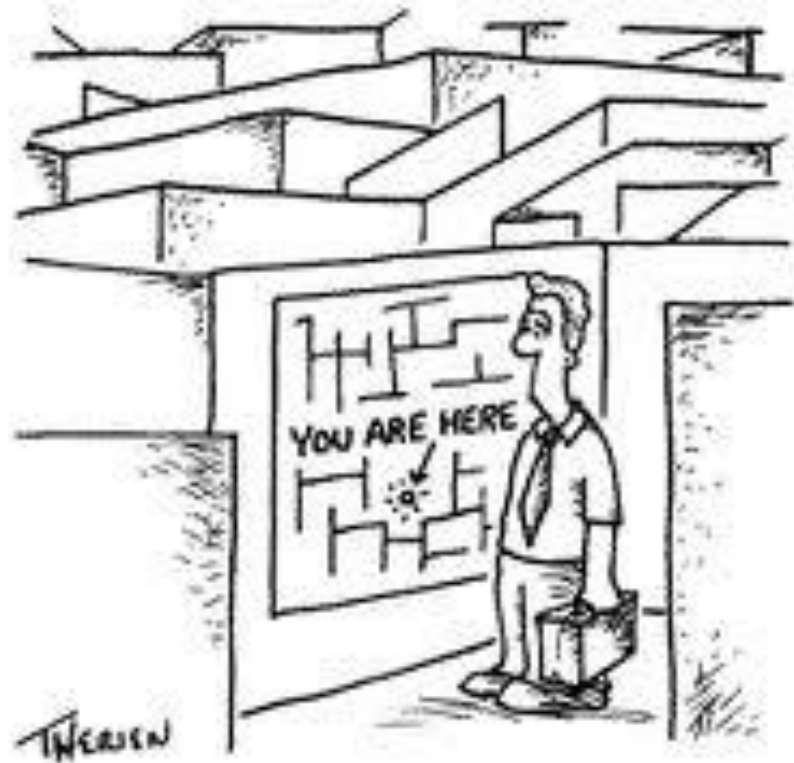
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# Overview

- What is a Reflective Journal?
- The Process:
  - Stage One
  - Stage Two
  - Stage Three
  - Stage Four
- Models and Elements



- It is a process of making sense of something that is new to us.
- Because it is about personal perspective it means: we don't reflect on everything that happens.



## What is Reflective Practice?

Traditionally:

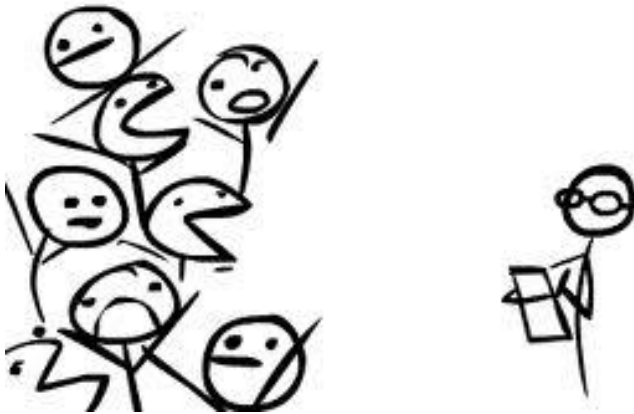
“Reflection involves running over various ideas, sorting them out, comparing one with another, trying to get one which will unite in itself the strength of two, searching for new points of view, developing new suggestions, guessing, suggesting, selecting, and reflecting. (Dewey, Middle Works, 1976, p. 160)

- “The greater the problem and the greater shock of doubt and resultant confusion and uncertainty the more prolonged and more necessary is the process of ‘mere thinking’” (Dewey, 1976, p. 160).
- The process is not linear but messy and full of individual cycles of thinking in order to make sense of our world.

# Lets Start

<http://www.youtube.com/watch?v=uG4Twy347IM&feature=related>

# So what did you see?



Different views  
based on  
different  
experiences and  
early  
socialisation

# Stage One

- Description and/or narration and/or recollection:
  - What did you experience?
  - What was the story of the moment?





# Stage Two

- What were you thinking about while you were watching?



# Stage Three of the process



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"I'VE WRITTEN A POEM DESCRIBING  
MY FEELINGS ON DISCOVERING THE  
BODY, INSPECTOR..."

- Introspection;
- Retrospection;
- Extrospection;
- Looking for Patterns;
- Speculating;
- Guessing;
- Reconfirming
- Wondering;
- Story preparation and story telling;
- Critical self-questioning.

# Stage Four

- So what now?
  - Testing ideas;
  - Further observation and connection.



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“Guess who?”

# What does this mean?

- Importance of teaching a specific process;
- Naming each of the elements in this process may make it easier for students to engage with.

# References

- Dewey, J., & Boydston, J. (1976). *The Collected works of J. Dewey: The Middle Works 1899-1924* (Vol. 1 1899-1901). New York, NY: Southern Illinois University Press.