



## Reflection—Some Food for Thought



Reflection traces back to ancient Greece. Socrates used a method of reflective questioning to develop the talents of one of his best students, Plato. The Greek philosopher Sophocles encouraged thoughtful reflection through observing and describing human performance. And the 18th century British philosopher John Locke claimed knowledge comes from “thoughtful reaction to experience” (Daudelin, 1996). More contemporary authors have tried to capture the essence of reflection, or “our attempts to understand and make sense of the world” (Brubacher, Case, & Reagan, 1994). As a result, a host of definitions of reflection have surfaced. John Dewey (1933) said reflection not only is the process of obtaining evidence to support our knowledge and beliefs, but also the means by which we make conclusions about the future. Other concepts of reflective practice emphasize creativity and imagination, solving problems by testing hypotheses, and disciplined inquiry.

Barnett, Bruce G. and O’Mahony, Gary. “One for the To Do List: Slow Down and Think.”  
Journal of Staff Development Summer 2002: 57.



### SOME QUESTIONS FOR CONSIDERATION

What are your overall impressions of the data?

Were there any results that surprised you?

What are the strengths of your students?

What are the weaknesses of your students?

When you look at your data analysis, what are some of the causal factors for the results you got?

What new questions have emerged for you in regards to your teaching from analyzing the data?

What new questions have emerged for you in regards to student learning from analyzing the data?

What have you learned about yourself as a teacher?

What have you learned about your students?

What will you do differently in your teaching next week/month/ quarter/ semester/year?

What challenge(s) are you going to tackle next with your students?

What modifications could be made so that it would work better?

What personal goal(s) are you setting from the data?

What goals are the students setting from the data?

What patterns or trends do you see in the data?