REFLECTING ON REFLECTION IN RESEARCH AND TEACHING

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Presentation outline

• The relationship between research and teaching
• The practise of self-reflection
• Adopting a research-led teaching approach
• Conclusions
What is self-reflection?
“The cognitive examination of experience”

Benefits of self-reflection
- Essential component of continuous learning
- Provides new insights into self
- Enhances understanding of others
- Exposes and challenges assumptions
- Facilitates transfer of knowledge
- Encourages personal adaptability
- Allows people to learn from experience

Reflection Learning Tools
- Reflective diary
- Learning portfolio & concept maps
- Peer coaching program
- Ethical dilemmas (e.g. drug testing at work)
- Case studies
- Unpacking the brief case
- Drawing metaphors
- Role plays
- Reflective exercises
  - e.g. Reflect on most recent success and most recent failure – examine evidence of single vs double-loop learning
  - e.g. Map out your career future – analyse the themes
- Self-assessments
  - e.g. Myers-Briggs Personality Inventory
  - e.g. Kolb Learning styles survey
Research is to teaching what Sin is to confession. If you haven’t done much of the former you won’t have much to say in the latter.

Conclusions so far….

- I have found evidence that self-reflection promotes continuous learning and adaptability in a university context, in the workplace and during career transitions.
- The topic of self-reflection has allowed me to bridge my research and teaching.
- A scholarly approach to teaching has enhanced my research profile.

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“The unexamined life is not worth living”

Plato