



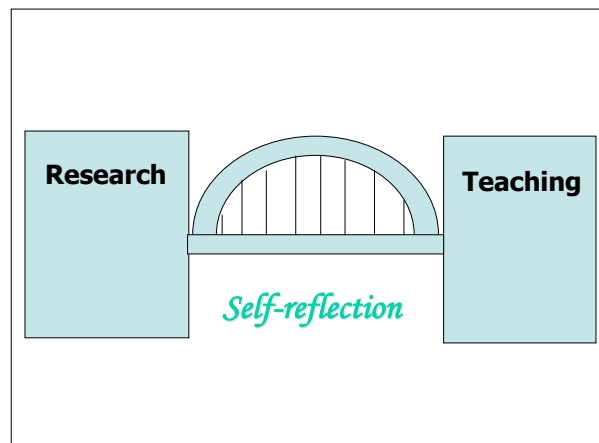
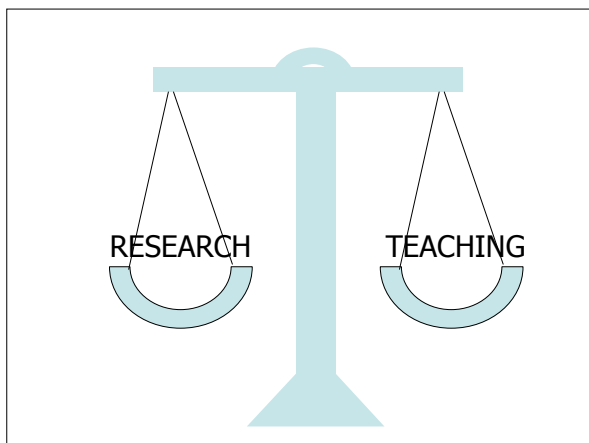
# REFLECTING ON REFLECTION IN RESEARCH AND TEACHING

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## Presentation outline

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- The relationship between research and teaching
- The practise of self-reflection
- Adopting a research-led teaching approach
- Conclusions



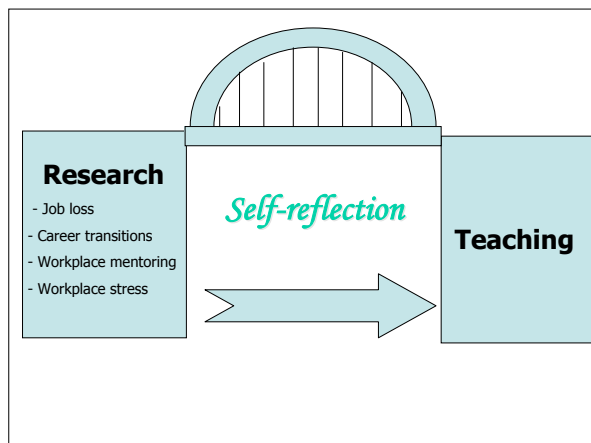
## What is self-reflection?

"The cognitive examination of experience"



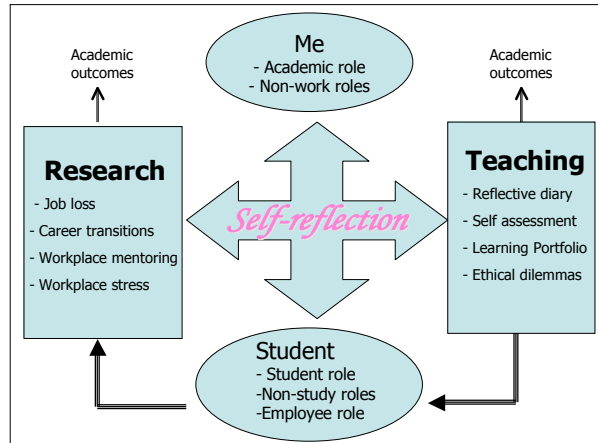
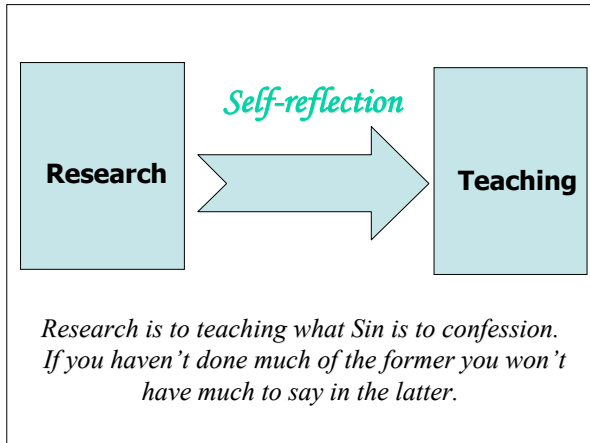
## Benefits of self-reflection

- 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



Outcomes	Research	Teaching	TOTAL
Refereed Journal articles	15	1	<b>16</b>
Conference papers	11	3	<b>14</b>
Awards	4	9	<b>13</b>
Invited speaker	2	4	<b>6</b>
Grant money	\$92,000	\$100,000	<b>\$192,000</b>
Prize money	\$1,500	\$42,500	<b>\$44,000</b>

### 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.

*“The unexamined life is  
not worth living”*

Plato