Autonomy Support via Self Reflection
- workshop would be better
- who inspires us
- our experience
- tips for you and your students
John Dewey

We do not learn from experience, we learn from reflecting on experience.

Give the pupils something to do, not something to learn; and the doing is of such nature as to demand thinking; learning naturally results.

The belief that all genuine education comes about through experience does not mean that all experiences are genuinely or equally educative.
David A. Kolb

learning cycle
learner style
Donald Schön

single-loop learning
double-loop learning

reflecting in action
reflecting on action
Graham Gibbs

description, feelings, emotions, evaluating, analysing, other solutions, what now…

From: https://www.brookes.ac.uk/students/upgrade/study-skills/reflective-writing-gibbs
Jack Mezirow, Jennifer Moon, Carl Rogers, Ryan Deci, David Little, Leni Damm, Leo Vygotsky, Felicity Kjisik, Leena Karlsson, Ema Ushioda, Zoltan Dorneyi, … and our students
schools and reflection?

writing it down makes the difference

From: https://www.flickr.com/photos/philgyford/4284791548
reflection

How have I got where I am…
Me now…
Where to go now…
depth matters – levels according to Moon

Descriptive writing

Descriptive reflection

Dialogic reflection

Critical reflection
individualizing...
individualizing…

multiple intelligence
learning style
strategies

aim, expectations and needs

form
individualizing… I possess my reflection

multiple intelligence
learning style
strategies

aim, expectations and needs

form
individualizing… a variety of ways

language learning history, needs analysis, mind map, interview, e-portfolio, diary, recordings, videos, blog…
Reflecting for language learning

learning how to express oneself
correcting oneself
debugging
rewriting / paraphrasing
revising vocabulary / grammar
keeping record
motivating
Language for reflecting
Definujte zápatí - název prezentace / pracoviště
David Little

...drawing together the threads of self-assessment, goal-setting and reflection...
John Dewey

The most important attitude that can be found is the desire to go on learning.

Thank you for your attention.
bibliography