

CRITICAL REFLECTION

What are reflection and critical reflection in action research? What are the key models and approaches for critical reflection? How do researchers engage in critical reflection? What tools assist with reflection? These questions are the focus of this entry.

Background and Definition of Reflection and Critical Reflection

A multitude of definitions of action research include reflection as a key element of the approach. For example, as early as 1988, Stephen Kemmis and Robin McTaggart explained that action research was a form of collective self-reflective inquiry. Later, in 2001, Bob Dick considered that alternating action and critical reflection was part of action research. It is often said that in action research, reflection integrates the action and the research. Alongside the articulated centrality of reflection, however, there is an assumption that everyone knows what it is—this is not always the case. To understand what it is requires a short walk through the history of our understanding of reflection.

Although Donald Schön's work in the 1980s is most frequently referred to in defining reflection associated with the notion of enhancing professional practice through a process of structured thinking, this material in fact drew influence from the early Greek 'Socratic questioning' and John Dewey's work on reflection in the 1930s. In the 1990s, David Boud and his team indicated that reflection involved recapturing experience, thinking about this experience, mulling over it and evaluating it.

Critical Reflection Critical Reflection

AW Chickering



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Practising Critical Reflection: a Resource Handbook Jan Fook, Fiona Gardner, 2007-09-16 How can professionals learn more easily from their own experience How can critical reflection be performed in a structured way How can professionals maintain a critically reflective stance when contexts may be restrictive Critical reflection in professional practice is popular across many different professions as a way of ensuring ongoing scrutiny and improved practice skills This accessible handbook focuses on a description and analysis of the theoretical input as well as the approach involved in critical reflection It also demonstrates some skills strategies and tools which might be used to practise it The cross disciplinary approach taken by the authors will appeal to a wide range of students and professionals and combines neatly with useful discussion of the complex educational and professional issues which arise from the practice of critical reflection An innovative website containing a variety of useful resources accompanies the book www.openup.co.uk/fookgardner Resources include Extracts from workshops interviews and lectures Additional articles and readings Sample material for workshop preparation Throughout the book the authors provide pertinent examples from their own practice referring to relevant literature providing annotated bibliographies and noting where additional resource materials are available to provide further illustration Practising Critical Reflection is key reading for a variety of students across social work health sciences and nursing as well as health care and social welfare professionals *Critical Reflection in Practice* Gary Rolfe, Dawn Freshwater, Melanie Jasper, 2025-10-02 Critical reflection and reflective practice are at the heart of modern healthcare But what do these terms really mean This textbook analyses and explores the significance of reflection in professional health and social care practice Taking an interdisciplinary approach this book presents a structured method that empowers you to both challenge and develop your own practice New to this edition Updated to reflect global developments in contemporary understandings of reflective practice A brand new chapter on reflective and reflexive practice Engaging chapter exercises and key takeaway features to reinforce and support learning Containing real life case studies and reflective activities this book is an essential guide to critical reflection for all students academics and practitioners alike enhancing both personal and professional development **Learning Critical Reflection** Laura Béres, Jan Fook, 2019-08-13 Learning Critical Reflection documents the actual learning experiences of social work students and practitioners It explores how a more in depth understanding of the process of learning combined with an analysis of how to critically reflect will help improve the learning process The contributors are all professionals who have learnt in a formalised way how to critically reflect on their practice They speak in depth and with feeling about their experiences how downsides and upsides worked together to transform the way they understood themselves their professional identity and their practice Existing literature about critical reflection is reviewed identifying the details of learning and pulling no punches in recognising the difficulty and complexity of becoming transformed through this learning process The editors of this book also contribute their own reflections on learning how to

teach critical reflection and include the findings of a research study conducted on students learning Edited by two experienced educators this book showcases the process of learning from the perspective of the learners in order that educators and students managers supervisors and frontline practitioners alike may make the most of opportunities to critically reflect in both educational and workplace settings It should be considered essential reading for social work students practitioners and educators

The Reflective Practice Guide Barbara Bassot, 2015-10-23 The Reflective Practice Guide supports all students for whom the process of reflecting on developing knowledge and skills is crucial to successful professional practice It offers an accessible introduction to a wide range of theories and models that can help you engage more effectively in critical reflection Illustrated throughout with examples and case studies drawn from a range of interdisciplinary professional contexts The Reflective Practice Guide offers models of practice that can be applied in a variety of settings Reflective questions in each chapter help you apply ideas to your own professional context Drawing on literature from a range of disciplines key aspects of reflection explored include Becoming more self aware The role of writing in reflection Learning from experience Learning from positives and negatives Emotions and processing feelings Bringing assumptions to the surface Learning from feedback Reflecting in groups Managing change The Reflective Practice Guide is an essential source of support guidance and inspiration for all students on education nursing social work and counselling courses who want to think about practice at a deeper level question approaches challenge assumptions and gain greater self awareness

Introduction to Critical Reflection and Action for Teacher Researchers Bernie Sullivan, Máirín Glenn, Mary Roche, Caitriona McDonagh, 2016-04-28 Introduction to Critical Reflection and Action for Teacher Researchers provides crucial direction for educators looking to improve their teaching and maximise learning While many students can grasp the basic elements of researching their practice and can write about practitioner research some need guidance and assistance to reflect meaningfully on their teaching practice so as to articulate their educational values This book provides this guidance By exploring how to engage in an authentic practical and personalised framework the book encourages critical reflection and action on educational practice Moving through the process of reflecting on practice engaging in critical thinking and planning and taking action it helps the reader to subsequently generate educational theory from their own personal learning Examples from the authors experiences illustrate the issues raised in each section with Pause and Reflect activities guidelines for conducting a research project and annotated further reading available for every chapter Introduction to Critical Reflection and Action for Teacher Researchers is based on the idea that reflection is in itself a deliberate action and something we must live it is key to understanding our practice and is a core component of action research This book is a valuable guide for teachers trainee teachers and researchers interested in reflecting on and enhancing their teaching practice

Critical Reflection In Health And Social Care White, Sue, Fook, Jan, Gardner, Fiona, 2006-07-01 the book makes an excellent contribution to the library of those keen to delve further into the realm of critical reflection understand

various interpretations of interdisciplinary practices and use these to aid their own and others professional practice exploration and development Learning in Health and Social Care How can professionals reflect critically on the aspects of their work they take for granted How can professionals practise with creativity intelligence and compassion What current methods and frameworks are available to assist professionals to reflect critically on their practice The use of critical reflection in professional practice is becoming increasingly popular across the health professions as a way of ensuring ongoing scrutiny and improved concrete practice skills transferable across a variety of settings in the health social care and social work fields This book showcases current work within the field of critical reflection throughout the world and across disciplines in health and social care as well as analyzing the literature in the field Critical Reflection in Health and Social Care reflects the transformative potential of critical reflection and provides practitioners students educators and researchers with the key concepts and methods necessary to improve practice through effective critical reflection Contributors Gurid Aga Askeland Andy Bilson Fran Crawford Jan Fook Lynn Froggett Sue Frost Fiona Gardner Jennifer Lehmann Marceline Naudi Bairbre Redmond Gerhard Reimann Colin Stuart Pauline Sung Chan Carolyn Taylor Susan White Elizabeth Whitmore Angelina Yuen Tsang **Researching Critical Reflection** Jan Fook, Val Collington, Fiona Ross, Gillian Ruch, Linden West, 2015-10-05 Critical reflection helps professionals to learn directly from their practice experience so that they can improve their own work in an ongoing and flexible way something essential in today's complex and changing organisations It allows change to be managed in a way which enables individuals to preserve a sense of what is fundamentally important to them as professionals It is particularly important as it can also help make sense of some fundamental issues and so also has implications for how we live our lives However more systematic research on critical reflection is needed to help us understand what works best for professionals in different settings This timely work explores how critical reflection is researched evaluated and used as a research method itself with the aim of improving how it is taught and practised in a rigorous and transferable way Developing a more comprehensive and multi disciplinary view of the current state of critical reflection and the research directions which need to be taken the book is divided into four parts It Provides an overview of different perspectives on critical reflection and stimulates dialogue between them Establishes some common platforms from which to develop further research directions Identifies the major issues in evaluating critical reflection teaching and main methods for doing so Contributes to social science methodological innovations by exploring how methods based on critical reflection can be used for researching professional practice Contains contributions from academics who are internationally known and highly experienced in different aspects of critical reflection Researching Critical Reflection is an important reference for all students practitioners and researchers including in the areas of education management health and social work who engage with critical reflection to develop their practice Practising Critical Reflection to Develop Emancipatory Change Christine Morley, 2016-04-08 Overwhelmingly critical practitioners working across a range of human service fields

who are committed to emancipatory and progressive social change ideals report feeling powerless alienated from the means of change and hopeless about their capacities to make a difference in the lives of the individuals groups or communities with whom they work because of restrictive contexts that ultimately determine the nature and parameters of their work This ground breaking book addresses this dilemma by demonstrating how critical reflection as an educational tool enables practitioners to envision possibilities for change The legal system particularly in its response to sexual assault provides a perfect example of this type of context and this volume explores the work of sexual assault practitioners that are engaged in supporting victims survivors of sexual assault through the legal process By reshaping ideas that have previously been considered as predominantly theoretical and abstract Morley s work provides an innovative framework that enables social work and human services practitioners to find hope agency and practical strategies to work towards change despite operating in contexts that appear immutably oppressive

Practicing Critical Reflection in Social Care Organisations

Jan Fook,2021-09-09 This book explores concrete examples of different strategies and activities aimed at creating and embedding critically reflective learning and working environments within organisations whose prime function is social care Critical reflection has long been recommended as a general professional skill and is a core component of the practice capabilities in social work in countries across the Western world However despite unequivocal support for it in social work education sustaining critical reflection within organisations as both an individual and collective practices supported by organisational cultures is problematic With contributions from social work practitioners and educators who have sought to embed critical reflection into broader activities and cultures within their organizations the book addresses common features of critical reflection and challenges and benefits in specific case studies This book will inspire and develop new thinking and vision about being critically reflective in organisations and facilitate efforts to improve the learning and working experience in addition to that of service quality and delivery It will be required reading for all undergraduate and postgraduate social work modules focusing on management leadership organizational change and professional education

Social Work, Critical Reflection and the Learning Organization

Mark Baldwin,2016-04-01 A critical characteristic of human service organizations is their capacity to learn from experience and to adapt continuously to changing external conditions such as downward pressure on resources constant reconfiguration of the welfare state and rapidly changing patterns of social need This invaluable groundbreaking volume discusses in detail the concept of the learning organization in particular its relevance to social work and social services Contributors join together from across Europe North America and Australia to explore the development of the learning organization within social work contexts and its use as a strategic tool for meeting problems of continuous learning supervision and change The volume addresses a range of important topics from strategies for embedding learning and critical reflection in the social work learning organization to the implications of the learning organization for the new community based health and social care agenda

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