



Individual Critical Reflection



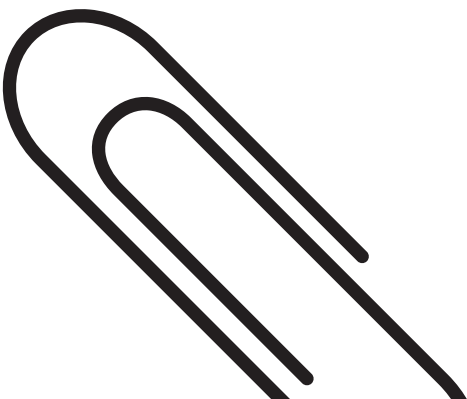
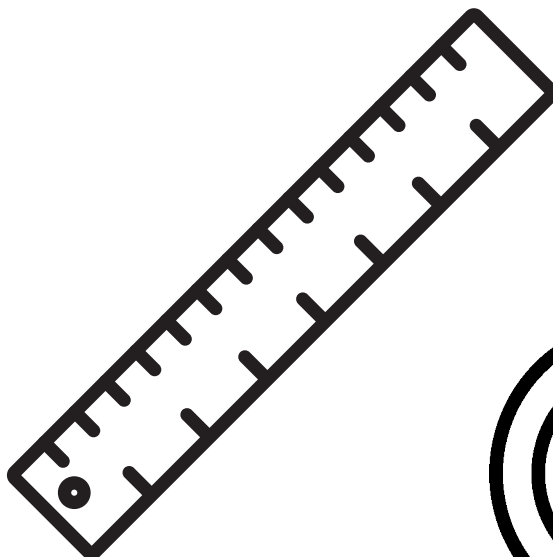
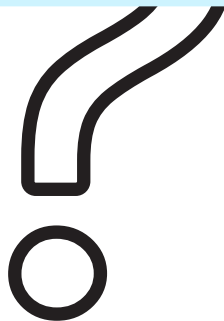
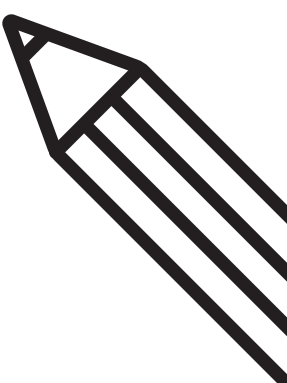
Name:

Date:

Role:

Area for Reflection:

What practice are you reflecting on?



Engagement



Document information that you have gathered from children, families, other Educators or stakeholders on this topic.

A large rectangular area filled with a light blue grid pattern, intended for writing notes or documentation.

Pro tip: Attach evidence that has informed or prompted this critical reflection

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Break it Down



The first step when reflecting is to outline what is happening and what you have observed.

What did
I see?

What did I
experience?

What happened or what usually happens?

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Go Deeper



Think further about what is happening and what you have observed.

What currently works well?

Why do I do things this way?

What am I struggling with?

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Challenge and Question



To take your reflection from being 'evaluative' to 'critical', you should challenge your perceptions and your practice. Explore your reactions and feelings about the event or practice, and where those feelings come from.

Why do I feel this way?

How do I feel about this?

Am I comfortable with this practice? Why or why not?

Have I always done things this way? Why or why not?

What excites, concerns, scares, interests me, or makes me happy?

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Inform



Consider where you have derived your practice from. Look at internal factors such as your philosophy, and external influences such as theories, research or academic writing on the subject.

Was my practice guided by theory or research?

What aspects of my practice have been shaped by things I have read or been trained in? What theory/theories will continue to shape my practice?

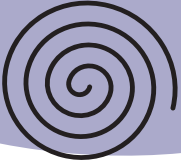
Was my practice guided by our philosophy? What aspect(s) of the philosophy do I utilise here? How could I fulfil other aspects of our philosophy?

Explain why part or all of a theory (or multiple theories) are useful to you, and how they inform your practice.

Pro Tip: Network has resources that are applicable to the critical reflection process. Have a look at our fact sheet “Child Development Theorists”

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Reconsider



Gather your thoughts and document what you have learnt through the steps above.

Is there anything that needs to be changed about this area of practice? If so, what needs to change?

Why am I changing my practice?

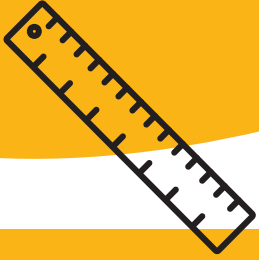
Who will benefit from me making these changes?

How will these people benefit from these changes?

Are these changes practical, essential and worthwhile? Why or why not?

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Plan



Determine your plan of action.

What needs to happen now?

Who can assist me in enacting change?

What resources (including human resources!) do I need to enact this change?

Do I have a timeframe in mind?

How will I hold myself or others accountable?

How frequently will I reflect to measure whether the change has been successful?

Pro tip: Include this in your QIP!

Gather and use this information to begin to build action items and a plan for change.

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