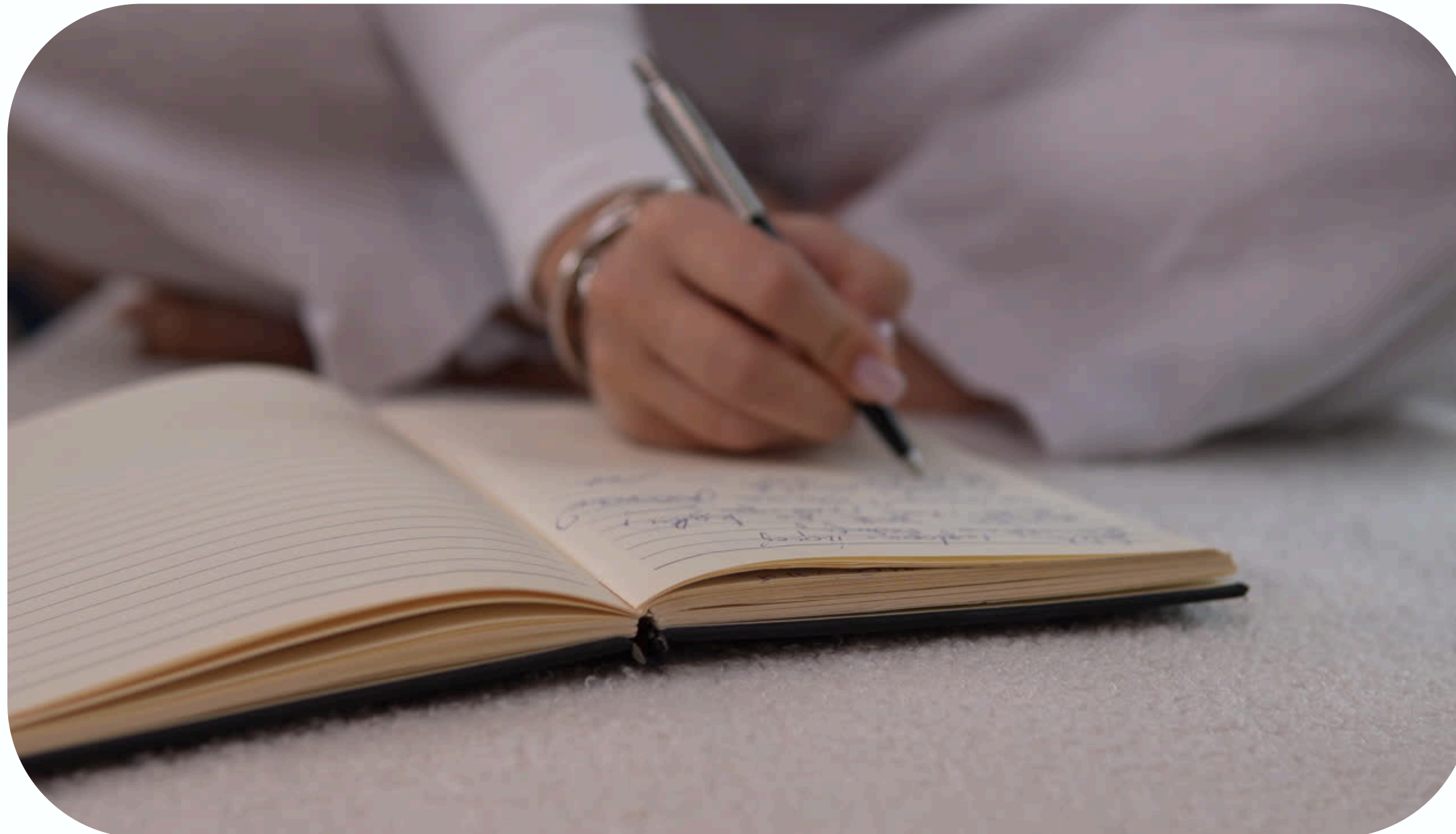
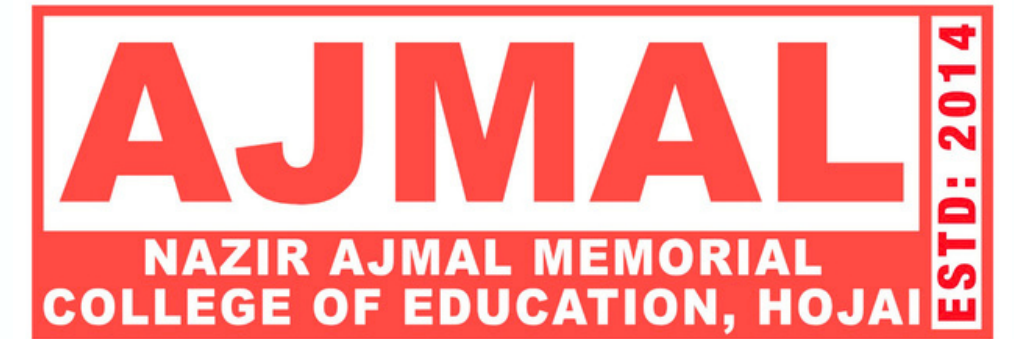


Reflective Journal



Kaji Minhajul Hoque

Assistant Professor

Meaning of Reflective Journal

A Reflective Journal is a systematic written record in which a student-teacher critically analyses classroom experiences to improve future teaching.

Reflection means

“Looking back with the purpose of moving forward.”

Important Definitions

D John Dewey

Reflection is active, persistent and careful consideration of beliefs and practices.

S Donald Schön

Professional teachers become experts through:

- **Reflection-in-Action**
- **Reflection-on-Action**

Explain Simply: Two Types of Reflection

Reflection-in-Action

Thinking while teaching.

Example

The class is becoming noisy.
The teacher immediately changes the activity.

Reflection-on-Action

Thinking after teaching.

Example

"My explanation was lengthy. Next time I will use pictures."

Why is Reflective Journal Important?

- 1 Improves Teaching**
Teachers identify strengths and weaknesses.
- 2 Encourages Self-Evaluation**
Instead of waiting for others, teachers evaluate themselves.
- 3 Develops Critical Thinking**
Teachers analyse classroom situations logically.
- 4 Connects Theory with Practice**
Educational theories become meaningful inside classrooms.

5

Supports Professional Growth

Every reflection makes the next lesson better.

6

Improves Decision Making

Teachers learn better classroom management.

7

Builds Confidence

Confidence grows through continuous improvement.

Objectives of Maintaining a Reflective Journal

Student-teachers maintain a reflective journal to:

- Improve teaching skills
- Evaluate classroom performance
- Identify learner needs
- Solve classroom problems
- Record successful teaching strategies
- learn from mistakes
- Become reflective practitioners

Characteristics of a Good Reflective Journal

1

Honest

Write truthfully.

2

Analytical

Explain why things happened.

3

Critical

Identify strengths and weaknesses.

4

Personal

It reflects your own experience.

5

Constructive

Suggest improvements.

6

Continuous

Written regularly after lessons.

7

Evidence-Based

Supported by classroom observations.

Difference Between Diary and Reflective Journal

Diary	Reflective Journal
Records events	Analyses events
Personal feelings	Professional learning
What happened	Why it happened
No improvement plan	Includes improvement plan
Informal	Academic and professional

Components of a Reflective Journal

- 1** **Date** When the lesson was taught.
- 2** **Class** Which class?
- 3** **Subject** Which subject?
- 4** **Topic** Lesson taught.
- 5** **Objectives** Learning outcomes.

6

Description

Briefly explain what happened.

7

Reflection

Analyse: What went well? What difficulties occurred? Why?

8

Student Response

Participation, interest, behaviour, learning.

9

Mentor Feedback

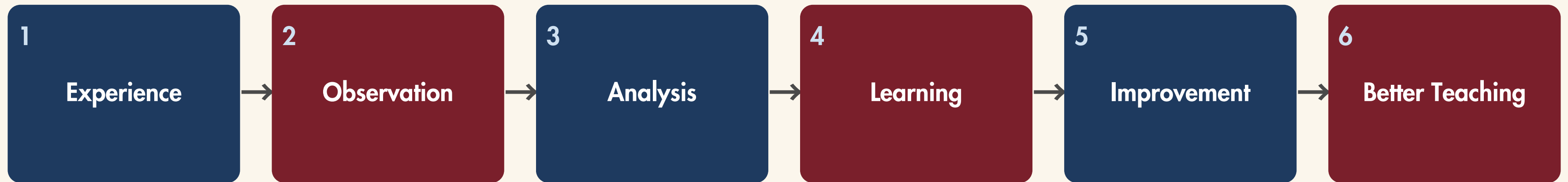
Suggestions given.

10

Action Plan

What will you improve next time?

The Reflective Cycle



Conclusion

“Experience alone does not make a teacher better. Experience combined with reflection creates an excellent teacher.”

Conclusion

A reflective journal is not written to satisfy an examiner; it is written to help a teacher become more thoughtful, confident, and professionally competent.

Through continuous reflection, every lesson becomes an opportunity for improvement and lifelong learning.

