

Parents – We are sharing information with you about teaching concepts we feel are important to discuss with our community. It is information our staff uses to help your kids learn more and it helps us be better teachers.

Professional football players practice it on the Monday after a game. Successful business leaders engage in it and try to increase their profits. Parents discuss this daily and educators want students doing more of it.

What is this “it” we are talking about? It is simply REFLECTION, the act of thinking about or seriously considering what we have learned, how we learn best, and what challenges we faced. It is about the quality of our work and how far we have come. Reflection is a skill that adults and kids use to improve and is a teaching strategy our teachers use. Consider the benefits of reflecting on our actions:

- After a job interview, reflection can help us understand how to improve the next time.
- After a conflict between best friends, reflection can help calm our nerves and communicate more effectively.
- After learning a new concept or even receiving an assessment back, reflection can help us identify what we did to learn the new concept or review strategies that were used to produce that good result (so it can be done again).

Using reflection strategies in our teaching practice allows us to critique the effectiveness of our lessons. Are we connecting the students with the learning? What can we do differently to insure we are reaching all of our students? What input can our students have that might help our instruction? As adults, we have learned reflection should and can promote growth in ourselves and in our students.

Parents - for additional articles and research on **reflection**, please check below:

- 1) Here are some ideas from @teachheath to get you started: “Choose one or two to ask your child at the end of the day. This will help get them talking about school and build the home-school connection.

- What new thing did you learn during (Reading/Math/etc. today)? How did you learn it?
- Tell me about a success you had today (academic or behavior).
- Tell me a mistake you made today and how you plan to fix it.
- What skill did you learn today that you think will help you with your career and how will you use it? “

2) Another good resource is:

<https://globaldigitalcitizen.org/8-learning-reflections-critical-thinking>