|  |
| --- |
| **DESCRIBE... *What happened? What did I do?***  **Professional Reflection –** Date \_\_\_\_\_\_\_\_\_\_\_\_\_  ***-*** *succinctly describe what occurred (‘verbal snapshot’ – factual)* |
| **CONSIDER PERSPECTIVES... *Why did I act/respond in this way? How did this make me feel? How were others affected?***  ***-*** *consider* ***own*** *values/assumptions informing your action/response (What were you thinking/ feeling… why?)*  *- consider* ***others’*** *perspectives (What may have been going through the minds of others involved in the situation?)* |
| **UNDERSTAND... *What do I now understand about myself as a teacher? What has informed my understanding?***  ***-*** *make links to literature, theory, and discussions with your associate teacher and other colleagues* |
| **ACT... *What actions could I have taken? Why? What action/s will I take in future?***  ***-*** *consider different possible actions, then briefly outline your selected action plan* |