

## Reflective Practice for Professional Development

Mrs. Krishna Deka, Faculty, Pre Service Teacher Education Department at DIET Jorhat is making every effort to transform the lines of Robert Frost – “I am not a teacher but an awakener”. She is a reflective practitioner, the practice that one undertakes to think about the work s/he is doing, about the work as s/he is doing it, or after it is over. This facilitates rise of an individual to heights for creating an environment that helps each other grow continually and of course professionally



Krishna says, “I am a worker at the grassroots level. My work demands continuous professional development to meet to the need and demand of my students and in the process to support the greater needs of the school specially the teaching learning process. I have maintained a reflective journal which was initiated to me by my mentor, friend, guide Dr.Mizo Prova Borah.I found this quite useful and beneficial. Maintaining and writing in the reflective journal has made me learn more about myself and to enjoy my personal growth. It served as a means of writing my personal ideas, thoughts and experiences as well as reflection and insight”

She further utters, “I have gathered in my learning process. It had helped me to become an independent thinker through practice and enabled me to solve various problems. I personally feel that it provides a good opportunity for teachers and professionals like me to gain better understanding about how our students feel and think which eventually enhances the learning process. I have tried it on my student teacher of D.El.Ed course. It has helped me in developing my student teachers as expert professionals .Their writing skill improved, they could freely express their personal views .It helped them in critically analyzing themselves.” She speaks that Reflective practice is an active, dynamic action-based and ethical set of skills, placed in real time and dealing with real, complex and difficult situations. Therefore, her practices include - Reading around the topics she is learning about or want to learn about and develop so that she can address the demand of student teacher in the classroom. “Questions are important tool of learning so ask others about the way they do things and why, and watch patiently what is going on around you” explains Krishna.



“Feeling the events by paying attention to emotions, that prompts, and helps to deal with negative one adds to understand the situation. Sharing views and experiences with colleagues, teachers, student teachers and children at large and value the time spent with thinking about the work, maintaining a diary where I jot down the learning experience helps me in engaging critically and analytically,” articulates Krishna with her scintillating confidence.

Sharing her experience of Reflective practice she mentions that reflective practice is a tool for improving learning both as a student and in relation to work and life

experiences. Although it will take time to adopt the technique of reflective practice, it will ultimately save you time and energy.



“In the classroom reflective practice guides the learning process for student teachers, as well as my professional development, stress reduction, slowing down and taking a break helps with teacher burnout and offers accountability for professional practice. Learning being a life long process, thinking process is an important dimension of reflective practice. Reflection is a conscious process. Initially I had challenges like lack of time, lack of motivation or commitment, concerns about assessment, dislike of writing and negative past experiences but with the passes of time focus on professional learning, jot down important points and hesitation free questions made it happen,” Krishna mentions assertively.

Find ideas and continue this journey Mrs. Krisna Deka and come out with flying colours. All the best.

- Ravindra Kumar Mishra  
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