

Other activities at Pilgrims

Summer 2015. Canterbury

Critical Reflection and Emotions in Teacher Development by Dr Niki Christodoulou

This is one of the workshops I chose to do. I liked the title and I found it interesting. It did help me realize how important it is to nurture our emotions to really be a good teacher.

Our **experience**, **beliefs**, **values** and **memories** build up our **emotions** which determine our **behaviour** towards myself and others which also determines our **results** in life, our reality.

This means we need to improve our state. Our students pick up our emotional state.

Everything starts with a thought. How you interpret a situation has to do with how you feel.

Our students will remember whatever we teach them if we attach emotions to them. Our **EMOTIONS ARE OUR GPS**. This means it is vital to pay attention to the way we feel. It is important to make sure our students feel happy in our classes. Teachers who are growing try new things and venture.

There can be no knowledge without emotion. We may be aware of a truth yet until we have felt its force, it is not ours.

We need to be critical and we do so in different ways:

- through the eyes of our students.
- through whatever I have learnt.
- our colleagues' experience.
- by keeping up to date.

Reflective teachers feel FREE, EMPOWERED and MOTIVATED.

We need to have high expectations of all our students.

VALUES/BELIEFS

what does my practice imply about my
fundamental values or beliefs?
What am I assuming about the nature of
human beings.?Society?Power and conflict?

How can I use this awareness to change my practice?

PERCEPTIONS

- How do my past experiences contribute to my biases?
- Do my own needs cause any "blind spots"?

THE LINGUISTIC PART

How does my language construct what I see?

- what particular words or phrases do I use?
- what do these indicate about the way I see things?
- why have I chosen one way of interpreting over another?

THE PERSONAL AND THE SOCIAL CONTEXT

How can I change my practice with this awareness?

- what self-defeating beliefs do I hold?
- Do I see myself as powerless?
- How do I see other people's power?
- How do I understand responsibility?
- what do I believe about how organizational and personal power is connected?

CR HEADINGS/QUESTIONS

- what are my main assumptions?
- How does my thinking change as a result of being aware of these?
- How does my practice need to change as a result?
- How would I relabel my personal "theory of practice"?
