

## Reflect on Teaching Effectiveness

“Honest self-reflection opens your mind to reprogramming, change, success and freedom”.

Reflection practices are not new to the realm of education or even medicine. Educators often analyze strengths, weaknesses, and whether they are using or have used the appropriate teaching method, to then decide if future teaching should consist of the same. This theory in practice is used to improve the quality of students' learning. Successful reflection requires the educator to recognize the importance in this for personal growth and professional development because there is no endpoint in learning about everyday practice. While there is no evidence that reflection can improve patient care, this can be surmised, as the process of care will be influenced by consistent self-reflection.

### Quick Tips

- “*Reflecting in action*” and “*reflection on action*” are two practices a medical educator can do to become a more effective teacher
- The approach to self-reflection depends upon the individual, but many different approaches to self-reflection encourage overall self-improvement
- Follow three basic self-reflection principles, and focus on your teaching effectiveness
  - Begin by noticing/engaging in self-awareness
  - Take time to process the self-reflection
  - Create a plan for future action
- Regularly analyze and assess your own performance
- Learner feedback can be used in professional development as it can provide clarity and relevance
- Use learner cues as a way to evaluate the educational process
- Set reminders to set aside time for self-reflection; remember, self-reflection is a self-regulated activity