

Wednesday 3 June

2:20pm - 3:00pm

Room: Block Y, Room Y408

Presentation Title: Reflection: What? Why? How?

Presenter / Co-presenters:	Jodie Stephenson Sakaguchi, Rikkyo University
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Theme:	Learner and teacher experiences
Presentation Type:	Paper presentation

Abstract

Reflection is intrinsic to learning and to autonomy (Boud, 1999; Little, 1999). What exactly is reflection? Why do students need to reflect? Why do teachers need to do it? How can we promote reflection in our students and in ourselves?

In the first part of this presentation, we will examine the literature to see how reflection is defined and consider why it is necessary. Then we will discuss ways of promoting reflection, including the use of reflection journals, class newsletters, and self-assessment.

The presenter will share examples of the various ways that reflection stimulated positive changes in her classes, such as helping students to overcome their fear of speaking English, and prompting the teacher to change aspects of her teaching.

Through these examples, we will see how student reflection stimulates teacher reflection, and how this process, which often starts small, can set off a chain of events that has a very powerful impact.

References

- Boud, D. (1999). Avoiding the traps: seeking good practice in the use of self- assessment and reflection in professional courses. *Social Work Education*, 18 (2), 121-132.
- Little, D. (1999). Learner autonomy is more than a western cultural construct. In S. Cotterall and D. Crabbe (Eds.) *Learner Autonomy in Language Learning: Defining the Field and Effecting Change*. Frankfurt: Peter Lang. 11-18.

Biodata

Jodie Sakaguchi is an Assistant Professor in the Bilingual Business Leader Program at Rikkyo University. She has spent over a third of her life living, teaching and learning in Japan, where she first learned about autonomous learning. She is interested in practical ideas for fostering autonomy in her students and in herself. Her recent research focuses on the connections between reflection, autonomy and change.