Digital Reflective Practice

Why reflect?

Image Credit: Flower87 (2005) Flickr

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"An experience that is repeated without reflection is just a repetition, which does not help you to learn." – The Open University

Sometimes things just don't go how you want them to, especially when you are new to learning and teaching online. Having said that, there are also times when things seem to go better than expected and we get surprising outcomes. Pinpointing how and why these outcomes happen can be a useful process in determining what to change and how to improve. Thus, reflection can be a useful tool in becoming a more successful online learner and is a skill that all digitally literate students need to know how to do.

This Higher Education Academy paper by Hinnet (2002) looks at how reflection can enhance learning:

[Improving Learning Through Reflection – Part Two](#)

Finding time for reflection is another matter. When you have a growing to-do list, sitting down and reflecting on a task or experience can seem a low priority. However, this post sets out to change your mind! We'll look at how even a few minutes of reflection can be beneficial to your online learning journey. We'll also suggest some digital tools you may want to use for your reflective tasks.

Reflecting on e-Learning Experiences

Before you write a journal entry on how it feels to be new to e-learning, you may want to explore reflections from others in a similar position.

An example of a reflective blog on e-learning experiences: **Nancy Woodward: e-learning journey**

Catharine Stimpson from NYU talks about her struggles with online learning: **Becoming a Phoenix**

The JISC pdf shares **learners' views on e-learning**.

- Reflective Practice Models
- Digital Reflection Tools
- How to Vlog
- Why reflect?

Reflection doesn't have to be boring. Neither does it have to be about writing a text. There are many digital tools you could use for reflective practice. See this video of the ipad app Paper for some inspiration:
Paper by FiftyThree from FiftyThree on Vimeo.

Blog

Setting up a reflective blog can be helpful as it can act as a diary and record your journey. You can add text, video, audio and images to share your reflections with others in the same position. See our article on blogging for ideas on how to set up a blog: How to use a blog Voice recording – vlogs If you would prefer not to type, you could set up a voice or video blog – a vlog. There are many voice recording tools on the internet as well as apps that can be downloaded to your phone so you can reflect on the go if you like. Try some of the suggestions below: www.soundcloud.com www.youtube.com Visual tools If you have a creative side, you might like to try a reflective poster. www.glogst[/x_video_embed]

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others in the same position.

See our post on blogging for ideas on how to set up a blog:

How to use a blog

Voice recording – vlogs

If you would prefer not to type, you could set up a voice or video blog – a vlog.

There are many voice recording tools on the internet as well as apps that can be downloaded to your phone so you can reflect on the go if you like. Try some of the suggestions below:

www.soundcloud.com

www.youtube.com

Visual tools

If you have a creative side, you might like to try a reflective poster.

www.glogst

The Higher Education Academy paper by Hinnet (2002) looks at how reflection can enhance learning:
Improving learning through reflection – Part Two

The Open University have a good article on how and why you should reflect:

Be aware of your habits

Download the paper by Strampel and Oliver (2007) which looks at how technology can be used to enhance student reflective skills:

Using technology to foster reflection in higher education

The University of Leeds have a superb and comprehensive resource on digital reflection. This resource uses the *Articulate* tool to combine audio, video and textual materials:

Digital Reflection: Using digital technologies to enhance and embed creative reflection