



IMPORTANCE OF REFLECTION AS A TEACHER

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ABSTRACT

The following thesis analyzes the importance of reflection in the teaching field and illustrates perceptible changes those occurred during pandemic period. In addition, it has been discussed that how teachers and learners developed their reflective thoughts in teaching and learning process. Some beneficial strategies have been suggested to enhance the significance of reflection.

KEYWORDS: Reflective thought, effective teacher, exodus, peers' asset.

INTRODUCTION

Being a successful and effective teacher requires constantly improvement and development on teaching sphere. Excellent instructors are growth-focused, always aiming for becoming better teachers. The process of growth and inquiry requires reflection, which is crucial for developing as a teacher and student alike. Moreover, reflection is considered as an integral part of learning and education as a whole. According to educational philosopher John Dewey, reflective thought is constituted by active, persistent, and careful consideration of any belief or supposed form of knowledge in the light of the grounds that support it, and the further conclusions to which it tends. The notion that reflection is an active process is supported by this definition. Through reflection, individuals can consider past events, draw lessons from them, create new knowledge, and apply that information to new situations. This makes it possible to consider introspection to be almost identical to the educational process. In fact, Dewey defined education as such:

“It is that reconstruction or reorganization of experience which adds to the meaning of experience, and which increases ability to direct the course of subsequent experience.” Developing knowledge is an ongoing process of inquiry-based learning that involves asking questions, conducting research, making mistakes, reflecting, forming conclusions, and using those conclusions to replicate and learn more. Teachers who aspire to improve their students' education should be continuously reflecting on what they teach and how they teach it, assessing the success of their instruction, taking notes during that reflection, and applying what they learn to guide future instruction. In order to adjust to changes in educational settings and gain knowledge from deviations from established teaching practices, reflection is also essential. To illustrate, the Covid-19 pandemic led to technology and trends to be facilitated the classroom exodus. Later, after teachers and learners came back to the classroom environment, reflection provided understanding of results what they have learned during the pandemic and how online education could positively influence in-person education. In the reflective process, giving teachers time, structure and guidance is also crucial. Formalized teaching inventory and



frequent self-evaluation are two ways to support reflective teaching. However, incorporating several types of reflection into instruction can greatly enhance its potential impact. Teachers can continue to process and grow from their teaching experiences by keeping a less formal journal and engaging in daily reflection. In order to obtain perspective and reflect on their teaching and the experiences of their students, teachers can also videotape their lessons. Furthermore, the network of peers is a teacher's most significant asset. A teacher might be struggling to get a student interested in a certain subject. However, a colleague might have already discovered a method to modify the lesson plan, the setting, or the subject matter to encourage that student to participate. It can be as easy as getting together with a coworker, reflecting, and figuring out what works for them to solve day-to-day teaching challenges. Students' engagement with their own learning can be strengthened when reflection is incorporated into the curriculum. Encouraging introspection among educators and learners can have a ripple effect on the school community's overall educational progress.

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