

Reflection

in Learning & Professional Development

Reflection as a technique for aiding and reinforcing learning is a powerful tool in professional development and a wide range of other learning situations and environments.

While many are familiar with the concept, practitioners, trainees and students alike need guidance that cuts across the theoretical approaches, enabling them to use reflection to enhance their learning in practice.

Now available in paperback, this authoritative book clarifies the background to reflection as a technique and then builds on this to present a clear route-map of learning; a model that can be used practically in the classroom. With a wealth of information and guidance, *Reflection in Learning and Professional Development* makes this diverse subject accessible and will be an essential guide for all those who are seeking to use or develop reflection to improve learning in many different situations.

Features include:

- wide cross-discipline coverage;
- the literature of reflection;
- reflective techniques;
- a new model of learning;
- reflection and journal writing;
- practical reflective activities to develop and improve learning.

Both detailed and practical, the book will be valuable for all those working in higher and further education, in training and in professional development. It will also be useful for educational researchers, psychologists, staff development managers and trainers in industry and commerce.

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