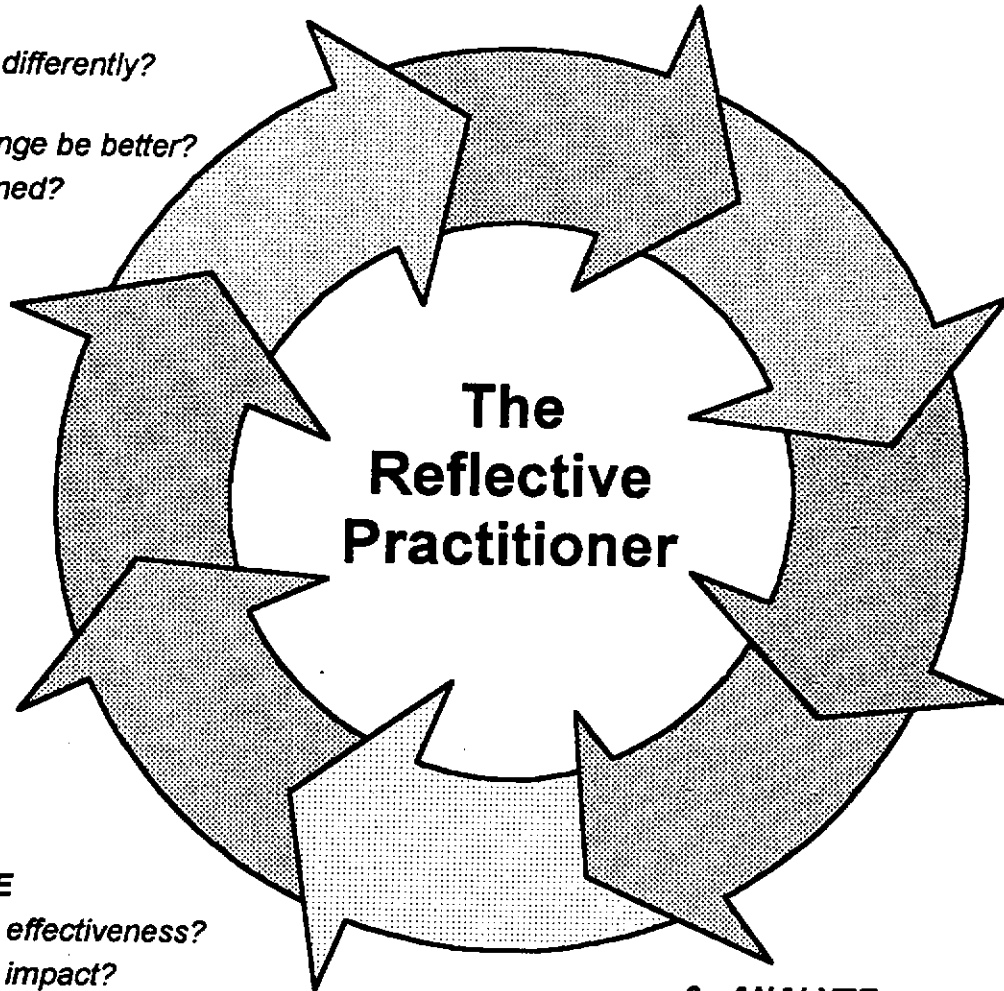# The Reflection Cycle*

1. SELECT

On what evidence (lesson, student, or event) are you reflecting ?

5. TRANSFORM

What would you do differently? Why?

How would this change be better?

What have you learned?

The Reflective Practitioner

2. DESCRIBE

Who?

What?

When?

Where?

4. APPRAISE

What was the effectiveness?

What was the impact?

How did this relate to your goals?

What was the value of the unit/ activity?

3. ANALYZE

Why did you do this?

Where does it fit in?

How did you do this?

Why did you use these particular instructional practices?