



*Critical Reflection*  
- *A guide to*  
*improving your*  
*Early Childhood*  
*service.*

# *What is Critical Reflection?*

Our practice is influenced by our own world views. Engaging in critical reflection involves closely examining our world views to challenge the validity and appropriateness of our assumptions and beliefs.



## *Critically reflecting involves:*

- ▶ Critical reflection goes beyond a simple reflection. It is more about reflecting our own world views that are influencing how we regulate our practice. Critically reflecting enables us to examine our practice by:
  - ❑ Reflecting on your own personal biases
  - ❑ Examining and re-thinking your perspectives
    - ❑ Questioning whether your perspectives generalise.
    - ❑ Considering all aspects of experiences.
  - ❑ Engaging in professional conversations with colleagues, families, professionals and community members.



## *Step 1: What's your intention?*

- ▶ Why am I writing this critical reflection?

Example:

"I am writing this Critical Reflection to examine my viewpoints on incorporating ATSI perspectives into my practice."



## *Step 2: Apply your knowledge!*

- ▶ Connect to previous learning, assumptions or experiences.
- ▶ Discuss the relevant theories, ideas, and skills that helped you shift your perspective.

Example:

“Previously, I thought ATSI perspectives were irrelevant for the current context. Upon conducting recent research into the ATSI and cultures cross-curriculum priority, I found that inclusion of ATSI perspective is crucial for fostering an unbiased mindset in children.”

## *Step 3: Start critically reflecting!*

- ▶ How do you think new knowledge would be useful for your practice?
- ▶ How will your new perception influence your approach as you forward?

Example:

“This new perspective will benefit my practice as the concept of ‘reconciliation’ will open myself to uptake new perspective, thus bringing more harmony and connectedness into my surroundings.”

## *Step 4: Providing your overall evaluation!*

- ▶ How did this impact on your view on quality education?

Example:

“Indigenous cultural perspectives are an important aspect of quality education because such learning enables children to develop respect for diversity and understanding of cultural difference.”

## *Are you doing it right? A checklist:*

- ❑ My Critical Reflection is deeper than my daily reflection.
- ❑ I have stated why I do what I do in my service and why I have changed my thinking.
  - ❑ I have stated my previous beliefs and how I am feeling.
- ❑ I have included the benefits for educators, families, and children.
- ❑ I have identified strengths, achievements or areas of growth.