

CRITICAL REFLECTION

What are reflection and critical reflection in action research? What are the key models and approaches for critical reflection? How do researchers engage in critical reflection? What tools assist with reflection? These questions are the focus of this entry.

Background and Definition of Reflection and Critical Reflection

A multitude of definitions of action research include reflection as a key element of the approach. For example, as early as 1988, Stephen Kemmis and Robin McTaggart explained that action research was a form of collective self-reflective inquiry. Later, in 2001, Bob Dick considered that alternating action and critical reflection was part of action research. It is often said that in action research, reflection integrates the action and the research. Alongside the articulated centrality of reflection, however, there is an assumption that everyone knows what it is—this is not always the case. To understand what it is requires a short walk through the history of our understanding of reflection.

Although Donald Schön's work in the 1980s is most frequently referred to in defining reflection associated with the notion of enhancing professional practice through a process of structured thinking, this material in fact drew influence from the early Greek 'Socratic questioning' and John Dewey's work on reflection in the 1930s. In the 1990s, David Boud and his team indicated that reflection involved recapturing experience, thinking about this experience, mulling over it and evaluating it.

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