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Using meta-reflection to enhance performance

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Traditional reflective practice

Reflect in journal or log

Short-term benefits

Distortion and forgetting

Systematic recording, storage and retrieval

Fairly few reflections

Can use similar reflections

Enhanced performance

NEW

ADVANTAGES

- Maintains and stores permanent, accurate record
- Reflections retrieved alongside similar reflections
- Prompts and sorts
- Technology available 24/7 through VLE
- More systematic than traditional logs or journals
- Facilitates analogical reasoning
- Encourages students to be reflective practitioners
- Reflections are used as an active learning tool
- Frees cognitive capacity for novel aspects
- Capacity to share reflections with peers
- Potential facilitator of metacognitive learning

SELECTED ABRIDGED INTERVIEW EXTRACTS

Did you enjoy using the spreadsheet?

...it made me look at what was a problem (P1)
 Very much so! It helps me with my stress management (P2)
 I found it really useful...it was easier to complete my reflective journals after
 ...it gave me time to reflect on a problem...it was actually quite enjoyable (P3)
 ...it was really nice to think about how I've improved and assess myself (P4)

Did you like the headings?

I'm not very good with computers, but I managed (P1)
 ...the guidelines and distinct boxes helped focus what I was writing about (P3)
 I found it really helpful having those boxes and every box helped me lead onto the next one
 It flowed really well, thinking about how you dealt with issues...each box directed me (P4)

Did you add any columns?

It was broad enough to cover all aspects of what was worrying me (P1)
 It didn't really need any more boxes...it's got the questions you ask yourself
 reflecting on past present future, how are you going to apply this?
 ...not just looking back, but looking forward too
 I like to be directed. I'm not very confident thinking outside the box. I liked the structure (P4)

Would you say it was useful?

I learnt to identify strengths and weaknesses (P2)
 You could go back again and question what you would do differently?
 What was correct that led to a successful outcome? What would you change next time? (P3)
 I want to know what am I learning; how I'm improving...my strengths and weaknesses
 interesting. I was in an experiment, the subject, and I was analysing myself. It was really
 It gives you a basis to think about problems and how to tackle them ...it gives you support (P4)

Would it be valuable to share reflections with peers?

It would be because you can track a difficult topic and see how other people deal with it...
 It like having a peer review all the time. I think everyone would gain (P4)

PARTICIPANTS and METHOD

- Psychology students (n=10)
- Cross over design (group A and group B)
- Group A collect data weeks 1-6
- Group B collect data weeks 7-12
- Questionnaire, focus group, post intervention interview

FUTURE

- Develop database (DB)
- Enable access to shared reflections
- Extend DB → 'meta-reflection'
- Reflect, evaluate, reflect...
- Adapt CBR tool to develop DB into intelligent system