**Introduction to Reflective Practice: Guide to Reflecting (DIGPA)**

Part 1. After selecting a segment (0-5 min) from the lesson, fill in the chart below with key words. Remember you can move back and forth between different stages. Try to categorize your ideas in the correct stage.

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| **Describe** | **Interpret** | **Generalize** | **Plan Actions** |
| **(Questioning)***\*What happened?**\*What did the students do? Who exactly?**\*How many? How long? When?**\*What exactly did the teacher do?**\*What materials were there?**\*How were students arranged?**\*What else was happening in the environment? Situation?***(Offering)***\*One thing I noticed was…**\*As a student, I felt…**\*When I was doing this I …**\*When you……I……* | **(Questioning)***\*Why might that have happened?**\*What are other possible reasons?**\*How do you think that helped/hindered student learning/participation in this class?***(Offering)***\*Maybe s/he…**\*One possibility is…**\*It could be that….* | **(Questioning)***\*How do you think \_\_\_\_\_ helps/hinders students’ learning in general?**\*Based on this experience, what theories about learning can you make?**\*What do you believe about…?**\*What have you read/heard about…?**\*How is this similar to your prior experiences?***(Offering)***\*I believe \_\_\_\_\_\_ can help/hinder students learn/participate because…**\*This is similar to when…**\*This reminds me of...* | **(Questioning)***\*What would you do differently if you were to do this lesson again?**\*What would you keep the same?**\*What guidelines can you make for yourself in future lessons?***(Offering)***\*One thing that I’ve tried…**\*Another thing you could do is….**\*I once saw someone….* |
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