**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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