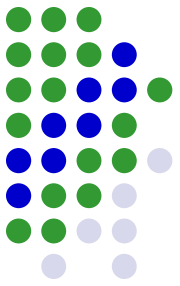


# Acting and Reflecting on Good Practices



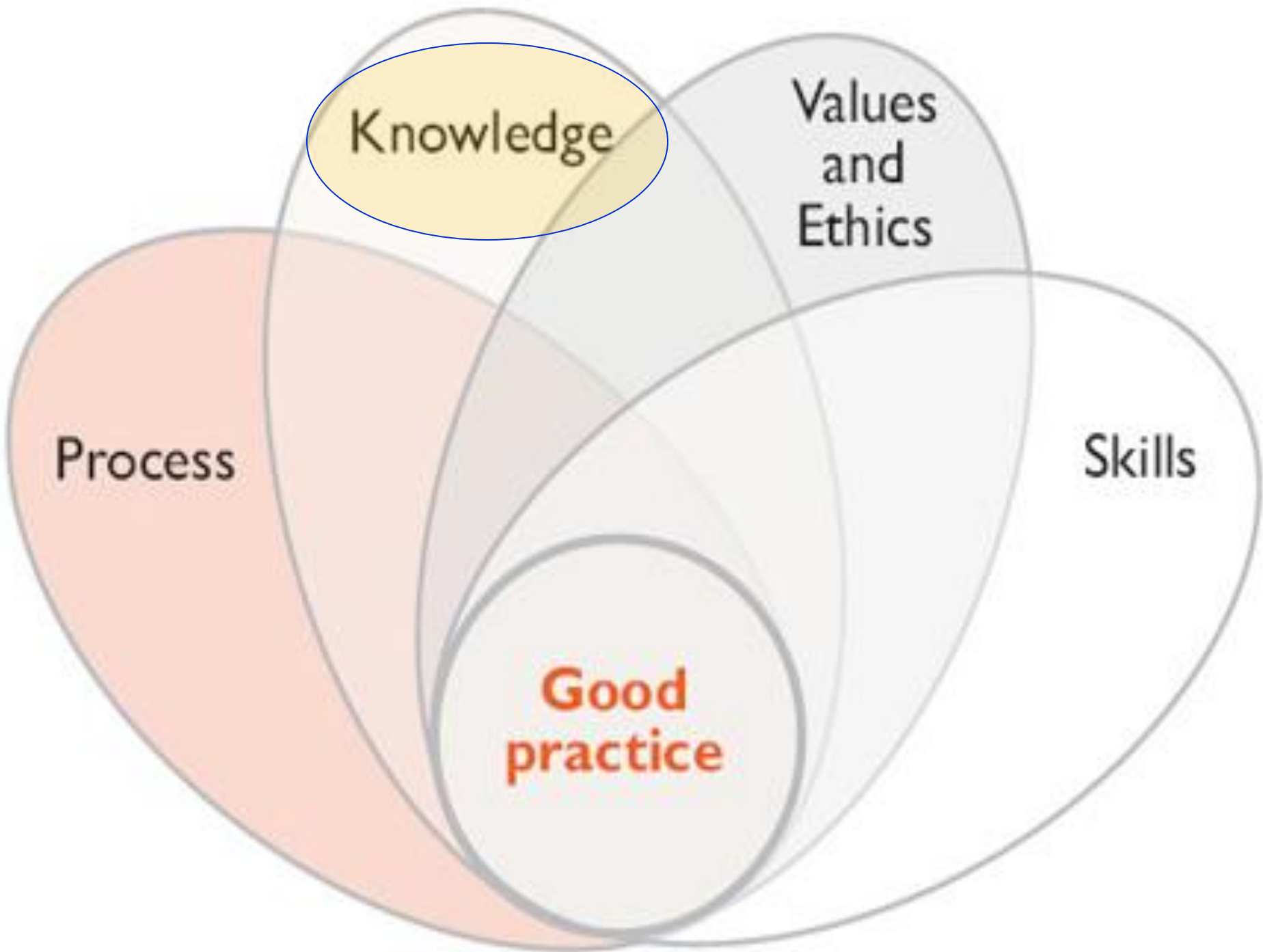
## Our White Sea II

[miriam.teuma@um.edu.mt](mailto:miriam.teuma@um.edu.mt)

Department of Youth and Community Studies

We cannot become effective by following scripts. We need to create *knowledge as we practice* ... knowledge does not exist apart from practice.





Knowledge

Values  
and  
Ethics

Process

Skills

**Good  
practice**



# Reflective Practice:

Reflection consists of those processes in which (we) engage to recapture, notice and re-evaluate (our) experience to turn it into learning. (Boud *et al.* 1985:36).

A cognitive process and *open* perspective that involves a *deliberate pause* to examine beliefs, goals or practices in order to gain new or deeper understanding that leads to *actions* thus improving our practices and we build up knowledge in our minds.



## In other words...

Reflective Practice is  
an in-depth  
conversation open  
about what we do,  
how it works, and  
why we do it...

so that it enables us  
to actively  
participate in  
community set  
ups.



**The first step is  
awareness.  
The second step is  
acceptance.  
The next is to ask:  
What am I learning  
from this?**

