

FacDev in 5

KEY TAKEAWAYS

Implementing Reflective Practice



Watch the FacDev in 5 Video featuring Dr. Gail Armstrong, Professor, Faculty Development Coordinator. tinyurl.com/FD5-ReflectivePract

KEY TAKEAWAYS



Try these strategies to deepen reflective practice and foster meaningful learning.

1

Distinguish Reflection from Reflective Practice

Reflection is common, while Reflective Practice uses structured, deeper thinking to build self-awareness, intentional learning, and behavior change.

2

Use Double Loop Learning

Encourage learners to move beyond solving immediate problems by examining the assumptions, values, and beliefs that shape their actions.

3

Create Space for Reflection

Allocate dedicated time for reflection and use structured activities—such as written reflections or case-based simulations—to promote deeper insight.

4

Model Reflective Practice

Share your own reflective experiences and model how critical reflection led to insight and behavior change in professional practice.

5

Cultivate Self-Awareness

Use reflective practice to build self-awareness, reduce defensiveness when receiving feedback, and foster a growth mindset through ongoing self-reflection.



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Charon, R., Hermann N. A sense of story, or why teach reflective writing? (Acad Med 2012).

Winkel, A., et al. Reflection as a learning tool in graduate medical education: A systematic review (J Grad Med Educ 2017).

