

# Approaches to reflection

Engage in reflection processes that suit your context.

- ✓ Invite a colleague to observe you and meet to discuss.
- ✓ At the beginning of the lesson, let students know what you are working on and ask for their feedback at the end.
- ✓ Video yourself.
- ✓ Take photos during the lesson to prompt reflection later.
- ✓ Following teaching discuss the lesson with a colleague or mentor.
- ✓ Write a reflective blog post.
- ✓ Jot down thought or a quick sketch in a UDL-focussed journal or notebook – what am I learning/notes from the field.
- ✓ Establish a small UDL support group and reflective on practice together.

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