



THE NEUROSCIENCE OF REFLECTION

connecting Schön to Dweck

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2015



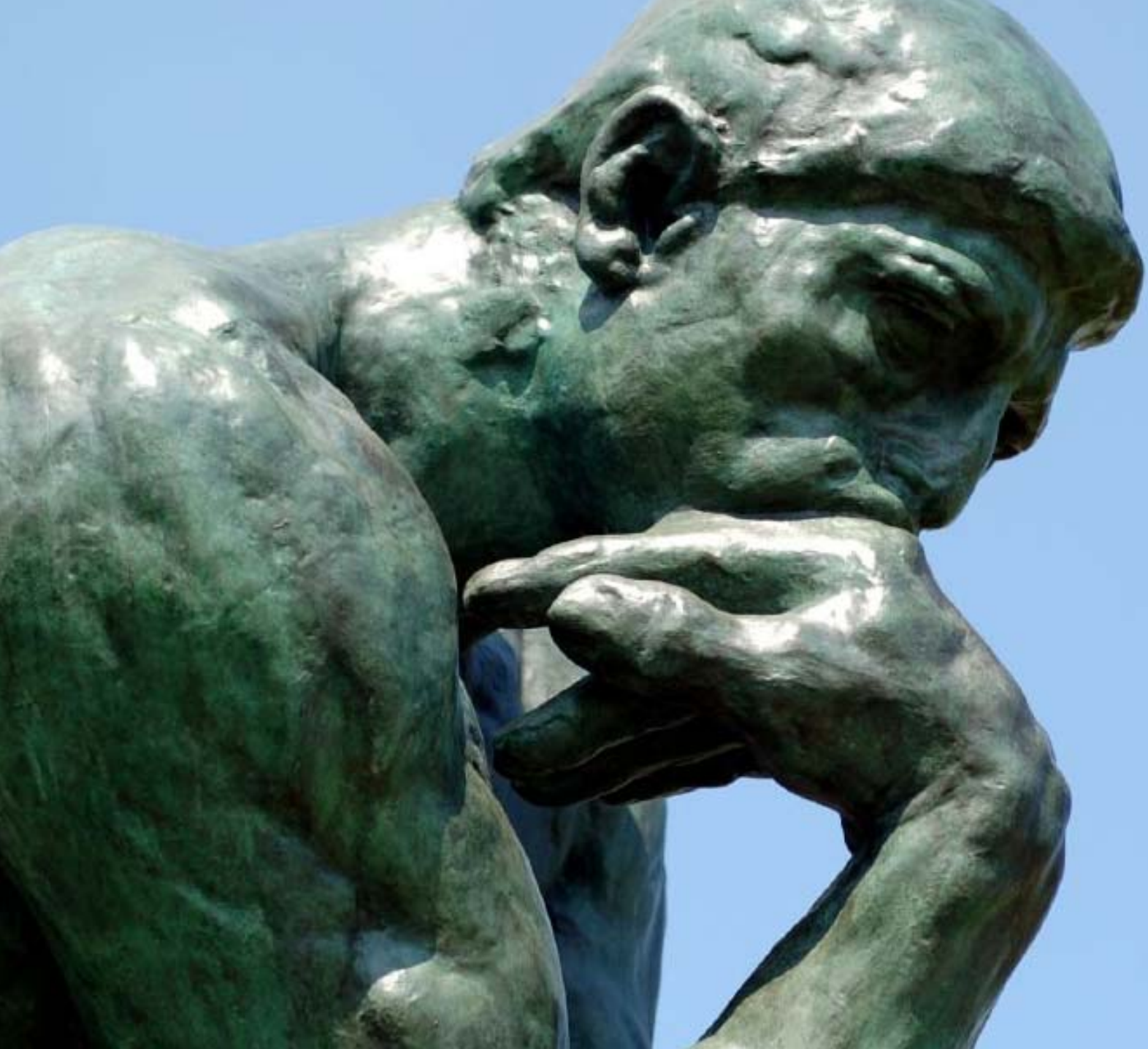
WORKSHOP Plan

- Exploring Schön's Reflective Practice in action
- Considering Kolb
- Reflecting on Rolfe
- Going with Gibbs
- Synthesising with Argyris and Schön
- Digesting Dweck
- Quizzing ourselves
- Bringing it all together

SCHÖN's Reflective Practice

Problem: componentising/reframing, gradual discovery, intervention design, asking:

- Can I solve the problem I have set?
- Do I like what I get when I solve this problem?
- Have I made the situation coherent?
- Have I made it congruent with my fundamental values and theories?
- Have I kept inquiry moving?

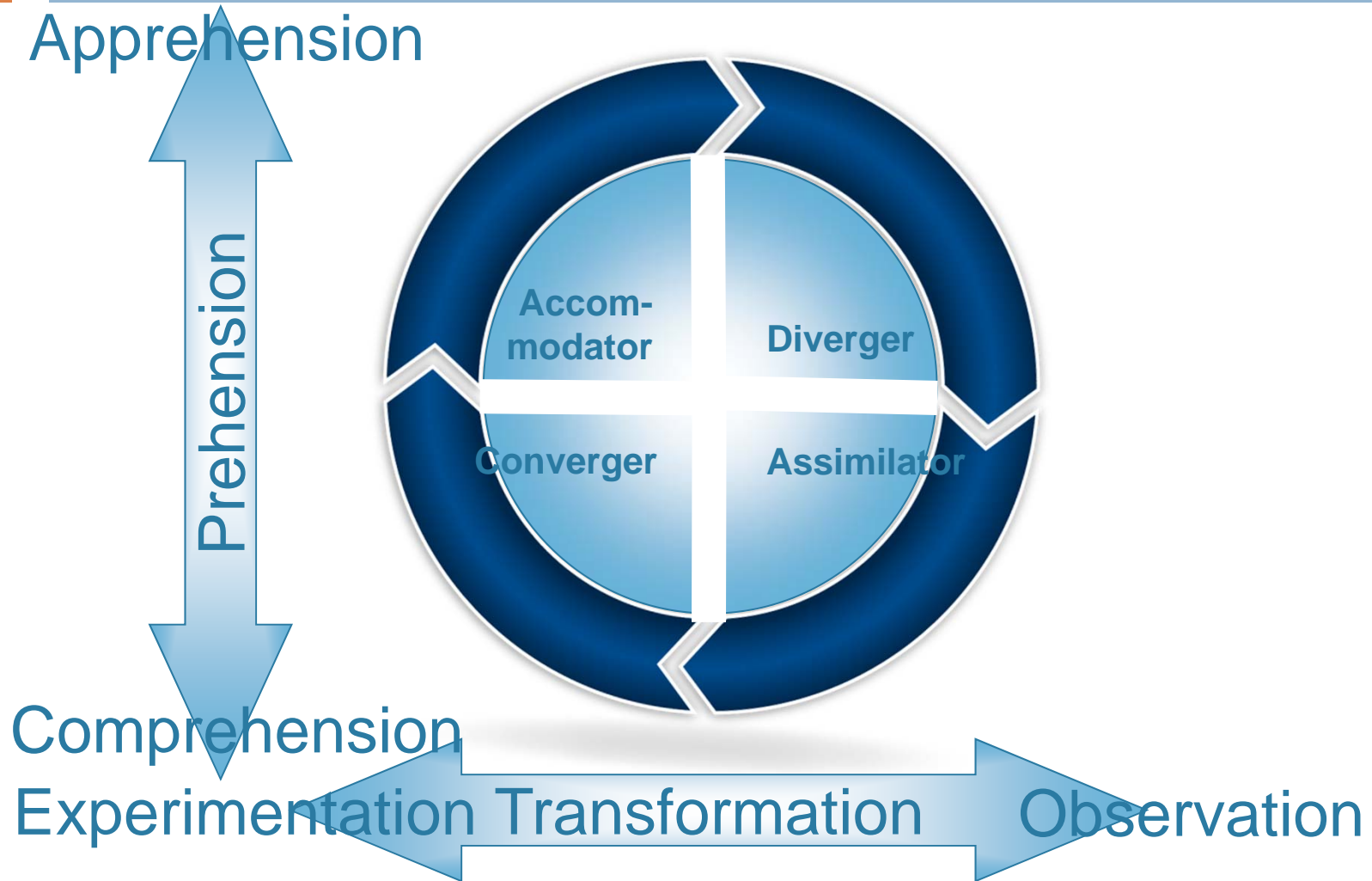




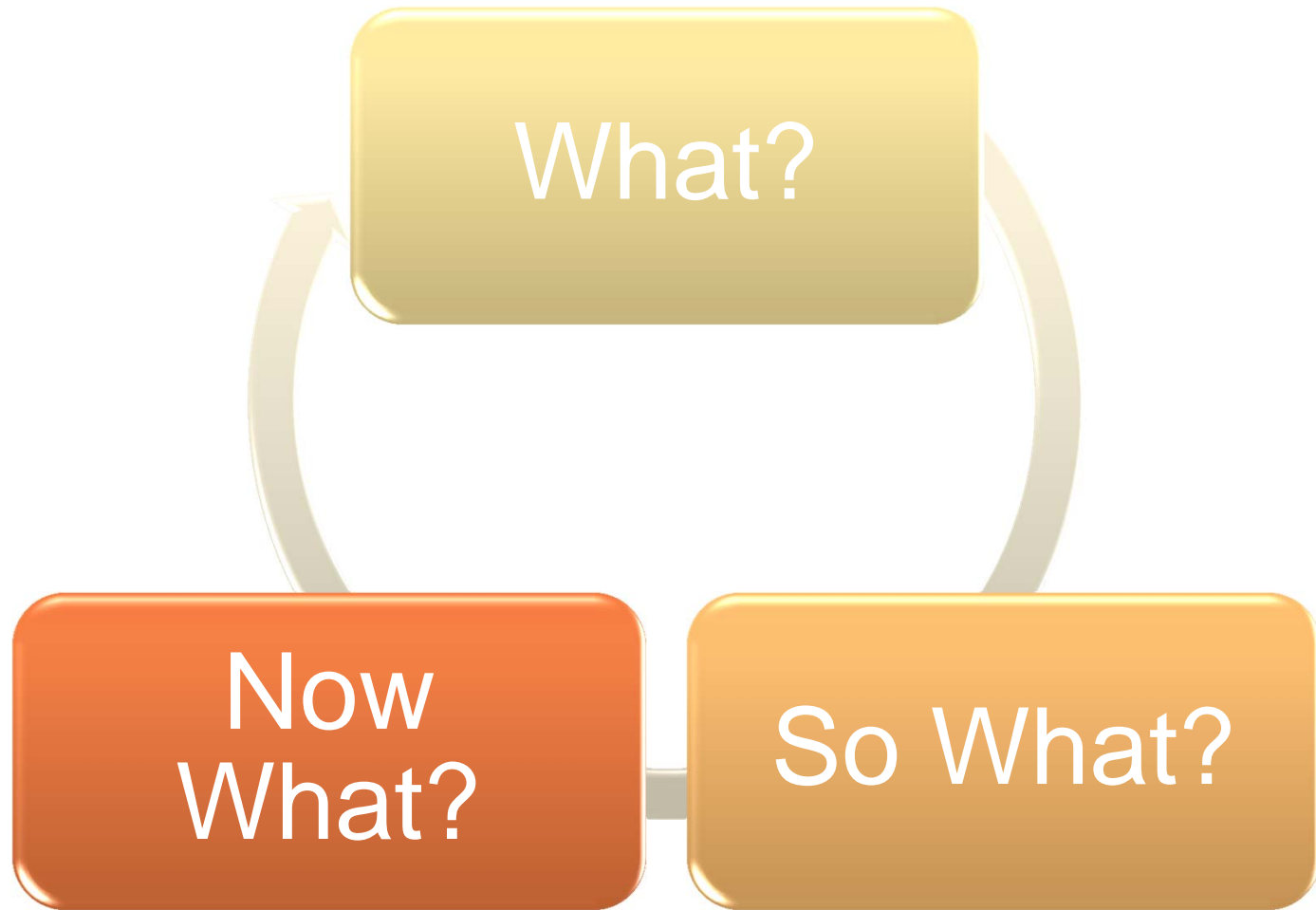
Reflection

- Critical component of learning
- Intentional
- Challenging attitudes, beliefs and assumptions
- Increased productivity
- Self-efficacy

KOLB's Learning Cycle



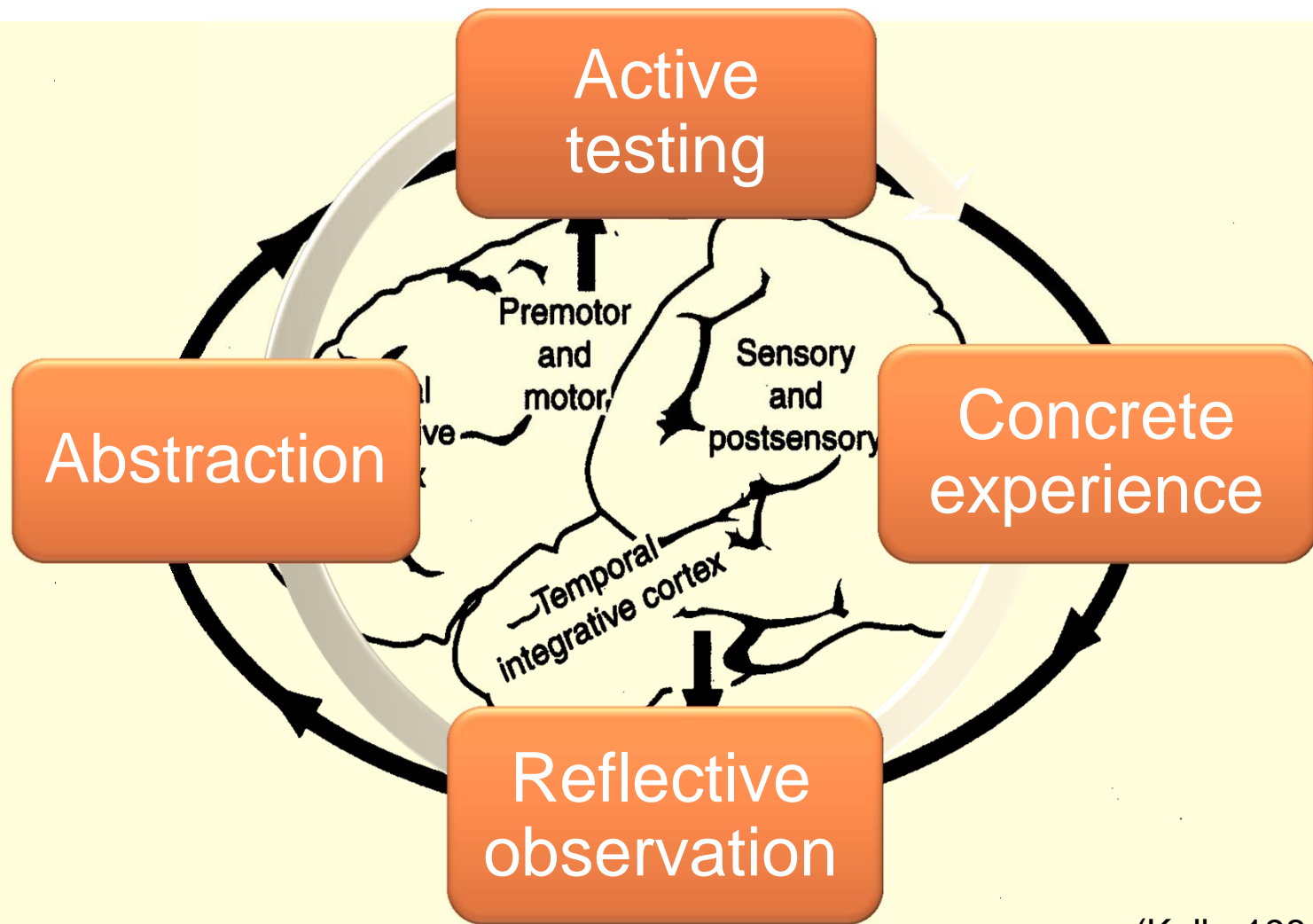
ROLFE's Model of Reflective Practice



ARGYRIS & SCHÖN's Reflective Theory Model

Argyris &
Schön's
Reflective
Theory Model

KOLB & Critical Thinking

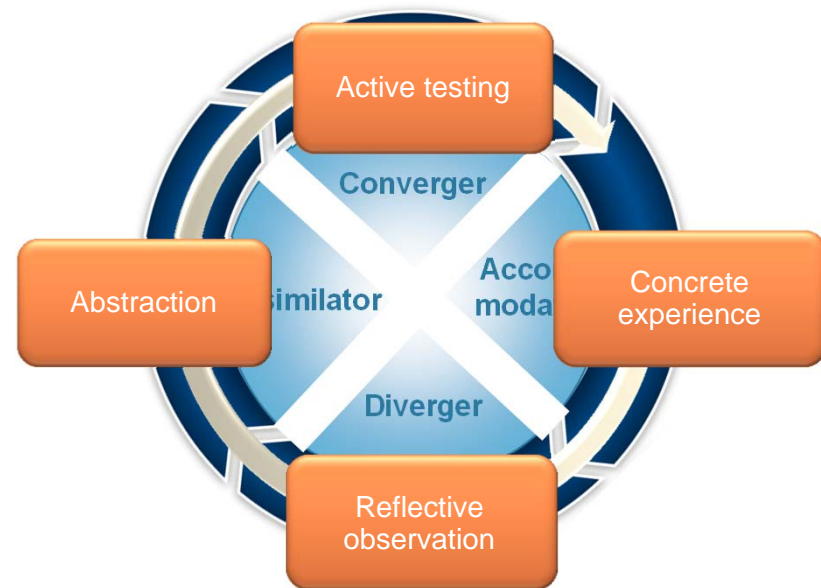


GIBBS's Reflective Model



SHARING: Connection Experiences

- Working in pairs, two minutes each
- Report back:
What appeals to you thus far?

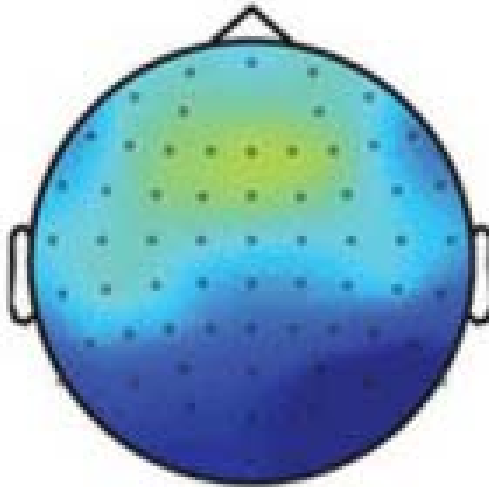


ENTER Carol Dweck

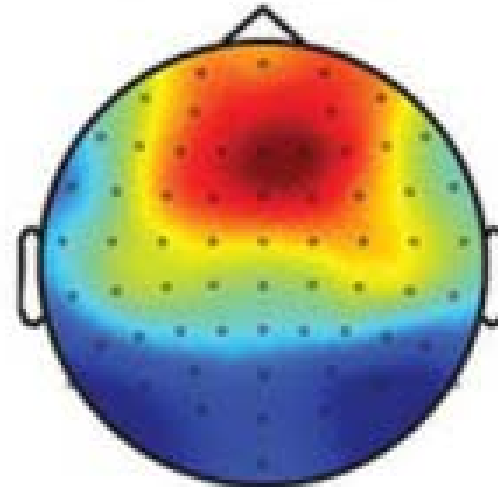
- Group A & B given 10 non-verbal IQ Test questions
- Group A: Praised for **ability**
“Wow, that’s a really good score!
You must be really smart at this”.
- Group B: Praised for **effort**
“Wow, that’s a really good score!
You must have tried really hard”.
- **Immediately** after praise, group behaviours began diverging

BRAIN's Response to Errors

Fixed Mindset



Growth Mindset



(Dweck, 2006; Moser, Schroder, Heeter, Moran & Lee, 2011; Luft, Nolte & Bhattacharya, 2013, p. 2033) ¹³

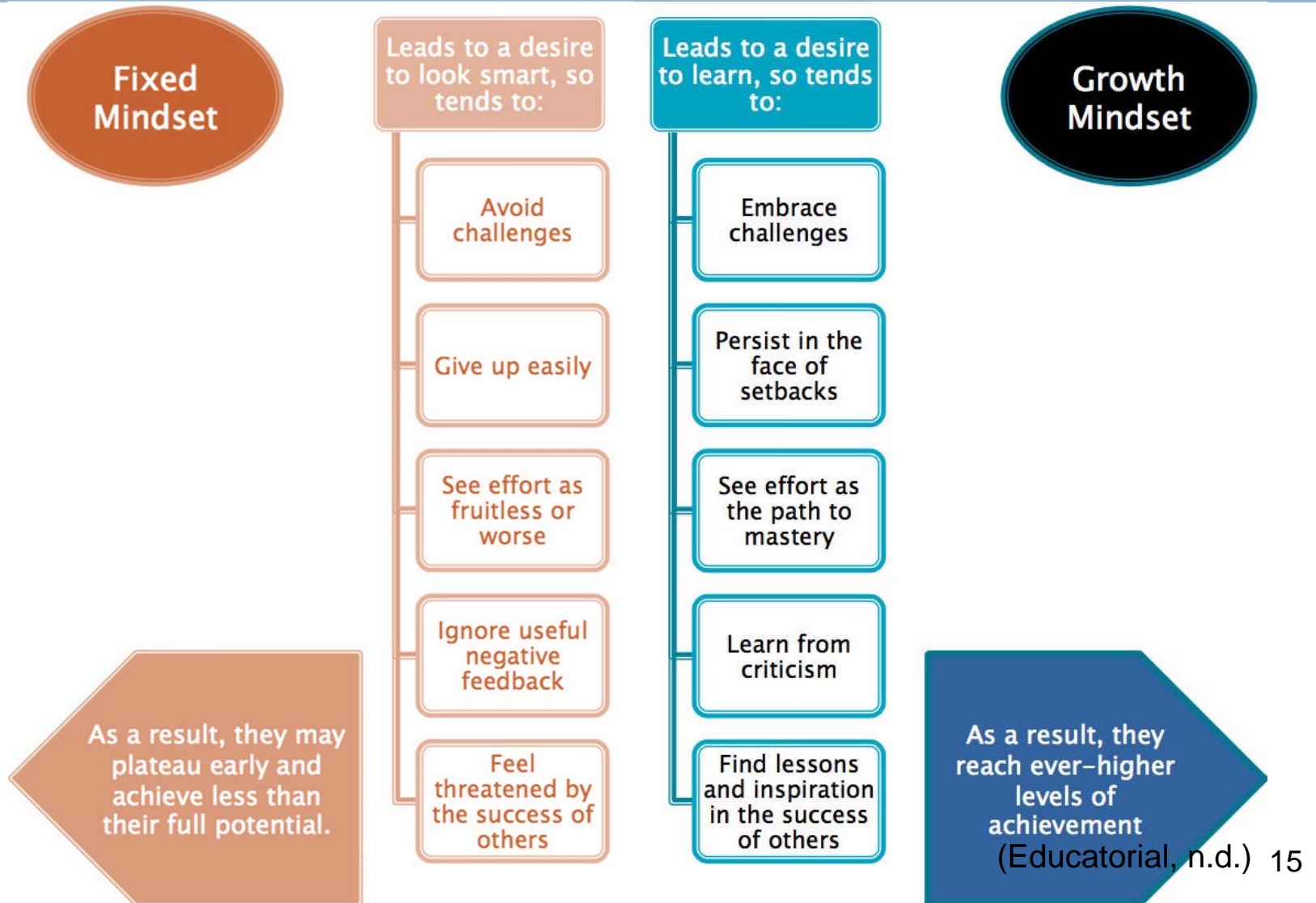
BUILDING a Growth Mindset

“The growth mindset is based on the belief that your basic qualities are things you can cultivate through your efforts” (Dweck, 2006, p. 7)

- Process
- Brain is muscle
- Neural pathways build & strengthen
- Praise effort, not ability
- Power of “yet”



DWECK's Mindset Summary



QUIZ: Your Mindset

Go to <http://mindsetonline.com/testyourmindset/step1.php>

Complete the quiz & chat with your neighbour

Try using the Gibbs model to explore what you found



(Dweck, 2013; Gibbs, 1988) 16



BRINGING it all together

- Overcoming reflective practice barriers: ideas?



WE thank you!

Your experiences, please!

- What works for you
- What doesn't
- Other ideas
- Concerns
- Limiters, delimiters

Your suggestions

...questions?

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