

## What is Critical Reflection?

**“Experience is the best teacher – Or is it?”  
(Conrad and Hedin)**

“active, persistent and careful consideration of any belief or supposed form of knowledge in the light of the grounds that support it, and the further conclusions to which it tends”

Dewey, J. (1910). *How we think*

“a continual interweaving of thinking and doing”

Schön, D. (1983). *The reflective practitioner: How professionals think in action*

to “integrate the understanding gained into one’s experience in order to enable better choices or actions in the future as well as enhance one’s overall effectiveness”

Rogers, R. (2001). Reflection in higher education: A concept analysis.  
*Innovative Higher Education*

**“We had the experience but missed the meaning”  
Eliot, T.S (1943) *The Four Quartets***

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## Critical Reflection

**1) Generates**

**2) Deepens**

**3) Documents**

**Learning**