# Brookfield’s Lenses by Helena Beeson [Video Transcript]

Reflective practice is all about learning from experience. It’s an important strategy for lifelong learning and the improvement of your professional service. It should challenge you, your previous knowledge and possibly your values. Reflective writing needs to show how you have changed through a process. As for models, there is no right one. Tutors generally have a preference so check your module guide and notes. This video will talk through Brookfield’ lenses. Brookfield’s lenses are used primarily by teachers, but they can guide most people through reflection. The lenses enable you to look at an event from multiple perspectives. Consider these lenses when reflecting on a critical incident. This could be an event such as an interaction in the classroom or something to do with paperwork. The first lens is the self-lens, or the autobiographical lens, and it involves reflecting by drawing on one’s own experiences as a learner and a teacher. This section can acknowledge the role of emotions in an event and consider your assumptions. Marinating a portfolio is a good way to promote self-reflection and identify your own teaching philosophy. It may help to record yourself while teaching or training and see yourself how others see you.

This will lead you to consider your next lens which is the student or client lens. Think about the variety of ways your students or clients could interpret your input and actions. What are the best forms of feedback for your needs? You could use surveys, focus groups, interviews etc. Draw on this feedback and evaluation and aim to become responsive to their needs.

The third lens is the peer lens and this is all about what your colleagues think. How would they approach the situation? Watch others perform and be observed yourself. Also, share your written work and any resources you may use. Engage in critical conversations with trusted colleagues who may have an alternative strategy to deal with something.

The fourth lens is the theory, or the literature lens. Think about external perspectives here. Are there any social and economic implications or influences affecting the event? Can you identify links with policy documents, legislation or relevant theory? This can be a good benchmarking process to offer a range of perspectives on common situations and to help you identify the relevant vocabulary for your career.

Remember to be honest throughout these four lenses. It’s impossible to do everything right the first time. Looking back at something with hindsight is a great way to move forward. Not everyone reflects automatically; if you can demonstrate your ability to reflect, it may just give you the edge in the future.

Thank you for watching. If you are interested in other reflective models, please see the related videos.