



St. Xavier's College of Education Ambikapur

Institutional Distinctiveness (2016-17)

Daily Journal Writing

This institute is very regular about daily reflection writing. Right from the beginning of the academic year, the teacher trainees are instructed to write their own experiences and feelings of the day in form of journal writing. During class days, every day the reflection writing is done at the end of the classes from 2.50 P.M. to 3.30 P.M. and during the reflection writing time all the teacher trainees are kept silence. The class coordinators or the principal himself walks around the classroom during the reflection writing. So that the teacher students may get appropriate atmosphere for reflection writing. Every student teacher has got a copy for reflection writing. While writing the daily reflection the student teachers pay attention to the following points – (1) what are the areas which they learnt most? (2) How did they learn? (3) What are the points which they found difficult to learn? (4) What are the insights they received that day? (5) Was this day better than the last day? They write their own experiences of the day and also express their learning outcomes of the day. They also write down their mental disposition during the day and especially during the class hour. They write freely and to a great extent openly. They express their feelings and sentiments in the field of teaching learning process. The daily reflection copies are submitted to the mentors every day. The mentors go through the reflection writing of the teacher trainees. If needed the mentors give some written feedback according to the written reflection. They encourage the teacher trainees by giving some appropriate feedback and also do some correction in their writing. When some serious and important issues emerge in their writing the mentors personally meet the particular teacher trainees and do some counselling or give some advice to do better in the field of learning or other areas of life. The reflection writing helps the teacher trainees to become successful in our life.

Through reflection writing the student teachers inculcate in the mind the sense of reflection. They get promoted to higher order of thinking. Reflection writing helps the teacher trainees to have introspection and self realization. It helps the student teachers to become reflective persons. It is useful for concentration of mind and evaluation of the experiences and learning. It gives opportunity to enable the teacher trainees to articulate their thoughts and experiences. The teacher students get habituated to write journal and through this process they begin to think and reflect. They get the habit of writing of ideas, thoughts and experiences which can be read out even later on. This practice of reflection writing makes the teacher students reflective teachers.