

## Reflective Practice explained using Barbara Bassot's 'Metaphorical Mirrors'

Mirror/Reflection Type	Mirror Explained	Type of Reflection Explained
<b>The bathroom mirror</b> (Reflecting on ourselves)	When we look in the bathroom mirror, we observe ourselves in the present. We make a choice; to decide to leave things as they are or take action to present ourselves differently to the outside world.	Examining our practice means that we are not always happy with what we find. However, taking action will always involve making a choice.
<b>The rear view mirror</b> (Reflecting back)	When driving, it is vital to look in the rear view mirror as well as to look at the road ahead.	Reflective practice involves looking back on experiences we have had, in order for us to understand the best way forward.
<b>The wing or side view mirrors</b> (Reflecting on feedback from others)	These mirrors help us see places that are not usually visible. They are usually convex to help us see what is over our shoulder, or in a blind spot.	Feedback from others plays a vital part in helping us to identify what might be a blind spot in our practice. It helps us understand ourselves and our practice from different angles or perspectives.
<b>The magnifying mirror</b> (Reflecting on detail)	This type of mirror helps us to see ourselves or an object closer and in more detail.	The close examination of an experience or ourselves in relation to an experience. Close examination can help us avoid issues in the future.
<b>The funfair mirrors</b> (Reflection can sometimes be distorted)	These mirrors distort what we see.	In practice, we can sometimes feel that things went perfectly with no need for improvement. Alternatively, we can sometimes be overly critical of our performance or an experience. Either way, there is always likely to be some level of distortion in how we see things. Getting feedback from other perspectives is therefore critical in reflective practice.
<b>The shop window reflection</b> (Reflecting naturally while we are in practice)	These are not actual mirrors but we can see our own reflection as we walk by.	This is a reminder that we are/can be reflecting as we are doing something else. This is what Schon called 'reflection-in-action', where we become tuned in to a way of reflecting on ourselves naturally while we are in our day to day practice.