

Task 2c Reflective Theory

*Reflection is **thinking for a purpose** - in this unit we have linked it to wanting to become a more effective and efficient learner; someone who wants to understand their own learning. Thus, reflection is also about wanting, or at least being willing, to change the way we learn.*

With everything I tend to think into things too much which is what I automatically did when I heard “Reflective Theory” however with most things on this course I am already using these techniques subconsciously.

As the majority of us that trained professionally we were taught in studios that have mirrors. As we learn we look at ourselves in the mirror, we decide whether we like what we see, if we don't we automatically change either the shape, dynamics, feel, angles all to make ourselves look and feel better with a movement. This would be an example of Schons “In action”. I think this is a vital part of a dancers training. For instant if you had to conduct a triple pirouette and we start to fall off balance to the left we automatically pull up on the left side. If we did not do this “in action” we would have fallen off. My future now relies on me and how I deal with the audition process. I don't have the time to reflect on my performance after the audition, it could be too late. I have to reflect there and then- In action, that could be the result of me being Employed or Unemployed.

“Life can only be understood backwards; but it must be lived forwards.”

— Søren Kierkegaard

The process of reflection is important, now I have acknowledged the actual meaning and looked into it in more depth I can now use it to my best advantage to benefit my learning and progression of my career.

Though “in action” may be a vital part of a dancers career “On action” is also just as important. While on the Carnival Valor I asked to see a copy of the shows. I watched myself all the way through. I made notes of improvements which later that evening I then tested out. When watching the shows I was watching from the audiences point of few. There were a lot of things that I did not like the look of, some lines that were slightly out and the height of kicks. Watching the DVD was one of the best things I could have done. It's not always nice watching yourself as again from learning from my journal, how you feel you come across/look and feel and be very different to what people see from

the audience. For example I always feel that I put in 100% and constantly sweat! However I looked quite relaxed on stage and could have had a lot more energy!

By using both methods; In action and On action I improved dramatically. Once watching the shows after making notes on myself I was pleasantly surprised.

I constantly enter Kolb's learning cycle at different places depending on my learning style. I think you always end up with pretty much the same outcome but you can take different routes. Gardner then goes into more depth on the ways of learning. Again it depends on what you are learning. For me learning choreography is something I have to write down before it goes in my head. Whereas if I'm learning a style I have to see it to be able to mimic whereas a lot of people I know just need words and the description. The mind is a very clever and all of us are very different. I have began teaching since being home from the ship, this has really highlighted the different learning style to me. Ive also noticed the younger they are the more they can adapt to different learning style, however my adult class are really set in their ways and I end up explaining/demonstrating in different ways for certain people every week.

"I am a writer of books in retrospect. I talk in order to understand; I teach in order to learn"

— Robert Frost

Reflection is evaluating how we learn most effective and efficiently Reflection is analysing how we learn - taking apart our own learning processes. But reflection is also about evaluating how effectively we learn, making judgments on our own performance, and that is not always an easy or comfortable thing to do. However for us as dancers it is more like nature. Reflection is now an ongoing process to help me develop to my full potential.

References:

<http://www.goodreads.com>

<http://openlearn.open.ac.uk/mod/oucontent/view.php?id=399327§ion=9.2>