

## **Video recordings support reflection and action planning**

Hilzensauer (2017) describes a method of how to use video recordings of one's own lesson for reflection. According to him video recordings support the reflection process because a video is an external storage for one's own experiences during a lesson. This method offers the opportunity to choose the sequences most important for one's own reflection, to learn from sequences that were successful, to realize which competencies are already there and to repeat the reflection cycle with similar situations.

The important steps for reflecting with the use of video recordings are the following:

- 1) Repeatedly watch the recording to identify situations that show your competencies as a teacher.
- 2) Next try to identify situations where the course of the lesson was disturbed or where you experienced tension or where you were stressed.
- 3) Try to identify around 20 situations for 1) and 2) together.
- 4) From these situations choose those with intense emotional tension (positive as well as negative) and describe these feelings.
- 5) Now follow the procedure described by the reflection cycle of Korthagen: Which subjective theories guided your actions? Which other actions could you take next time?

*Hilzensauer (2017). Wie kommt die Reflexion in den Lehrberuf?*