**What is a critical reflective practice?**

The critical reflexive journal is an exercise in metacognitive reflection. It is quite a journey and a complex process, which can be "messy" but also necessary, especially to become an "adaptation expert".

The purpose of this exercise is to understand and notice how your interaction with the language or knowledge of the language or culture has changed.

Here are the steps to take to develop your critical reflective practice:

* **BE EXPLICIT** 
  + Share what you have learned: make your learning goals explicit and that demonstrate how, or not, these activities help you achieve those goals.
  + Use pedagogical or theoretical terms and concepts we've covered in the course (or that you've learned elsewhere in your program) to refine your analysis. Provide concrete examples when you can.
* **BE ANALYTICAL** 
  + Tell us about your learning: What did your chosen activity help you discern about what you know about the French/English language and Francophone/Anglophone cultures?
  + Put on your teacher's hat as you write your reflections. What skills are you working on? How do you do it? Connect your choices to the second language learning concepts we have explored in the course. This knowledge you develop for yourself will serve you well pedagogically when working with your students.
* **BE INTENTIONAL** 
  + Deepen your reflection by taking a closer look at your own thoughts (bias, assumptions) or actions.
  + Think about how these will transform your practice or your learners' learning. Make assumptions and test them when you are in the classroom.
* **BE COHERENT** 
  + Close the loop.
  + Be sure to connect your activities to your learning goals. If you reevaluate your activity choice, you can always re-evaluate your learning goals too (and vice-versa).

These skills are very similar to the skills you will develop in your inquiry-based learning cycle. This type of learning serves you, as a professional, but also your learners, as social actors and future French/English speakers!

