

Fostering Reflective Practice Through Video-Supported Learning in Graduate Training for LSL Professionals

Paula Almeida, B.S. (M.Ed Candidate) Dorie Noll, PhD, CED, LSL Cert. AVEEd

Introduction

Reflective practice is essential for preparing effective Listening and Spoken Language (LSL) professionals. Video-based tools give students opportunities to observe, analyze, and reflect on their own instruction while receiving targeted, timely feedback. These tools help develop habits of self-observation, critical thinking, and goal setting that support ongoing professional growth.

Learner Outcomes

1. **Explain** how video-based tools support reflective practice in authentic, meaningful ways.
2. **Identify** strategies for using video to strengthen reflective thinking and instructional decisions.
3. **Apply** video-supported reflection to build confidence, improve instructional techniques, and engage in data-driven professional conversations.

What We Do at USU

- Integrate video reflection into every practicum experience.
- Guide students to self-reflect before receiving supervisor feedback.
- Use time-stamped clips to pinpoint strengths and areas for growth.
- Provide targeted, actionable feedback directly connected to observed practice.

What USU Students Had to Say:

"Record[ing] myself teaching was an incredible opportunity for self-reflection."

"Time stamped feedback on observation videos which allows me to rewatch and understand clearly."

"[Using video] was a valuable tool in refining my skills throughout the graduate teaching program."

Research-based strategies



Scan for References

Implementation

Use immediate, specific feedback aligned with goals.
Highlight effective moments and areas to adjust.
Provide clear next steps to support growth.

Collaboration

Create shared spaces for analysis with peers and supervisors.
Use video clips to anchor discussions.
Encourage multiple perspectives and problem-solving.

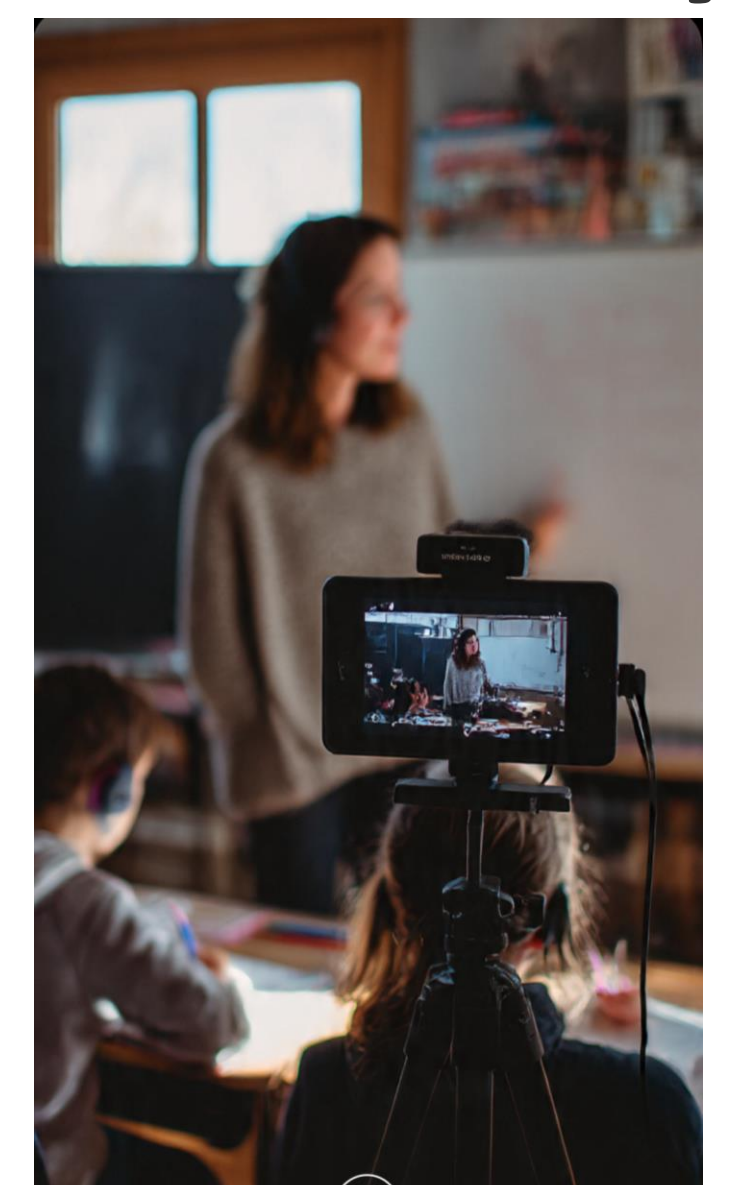
Reflection

Support targeted reflection using structured prompts.
Compare goals to actual practice.
Encourage adapting or modifying strategies as needed.

Practical Application

Video-supported reflection strengthens preservice professionals by:

- Analyzing precise teaching moments.
- Pinpointing targeted areas for improvement.
- Reinforcing strategies that boost student engagement.
- Testing and adapting new instructional approaches.
- Using time-stamped observations for clarity and focus.
- Guiding reflective questions to determine next steps.



Conclusion

Video-based tools enable preservice teachers to analyze their practice, pinpoint effective strategies, and identify areas for improvement. Importantly, feedback highlights growth opportunities and guides skill development.

