

Transforming our Instructional Practice: Becoming, Mindful Reflective Practitioners



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CATESOL Regional Conference

Santa Barbara City College

Los Padres, California

April 29th



The Role of Teacher Transformation in the Literature

- Postmethod/post-transmission perspectives emphasize the role of teacher transformation in language teacher education (Kumaravadivelu, 2012)
- Reflection, reflective practice, reflective judgment, and reflective learning are variation of terms that are often used in teacher development literature as playing a central role in teacher transformation (Kember et al., 1999; Mezirow, 1991; Schön, 1987)
- “Transformative learning is learning that transforms problematic frames of reference – sets of fixed assumptions and expectations (habits of mind, meaning perspectives, mindsets) – to make them more inclusive, discriminating (discernment), open, reflective, and emotionally able to change” (Mezirow, 2003, pp. 58-59).



Transformative Learning: How do we break free?

- When “premise” is reflected upon and questioned rather than reflection on “content” or “process”, this can lead to transformation (Mezirow, 1999).
- When “prior habits of the mind are called into question” (Cranton, 2006, p. 23)
- “Shipwreck moment” (Daloz-Parks, 1999, 2000)
- “Optimal conflict” leading to adaptive change (Kegan & Lahey, 2009, p. 54)



Mindfulness

Mindfulness

Definition

Mindfulness is paying attention, on purpose, in the present, and nonjudgmentally, to the unfolding of experience moment by moment.- John Kabat-Zinn

Mindfulness

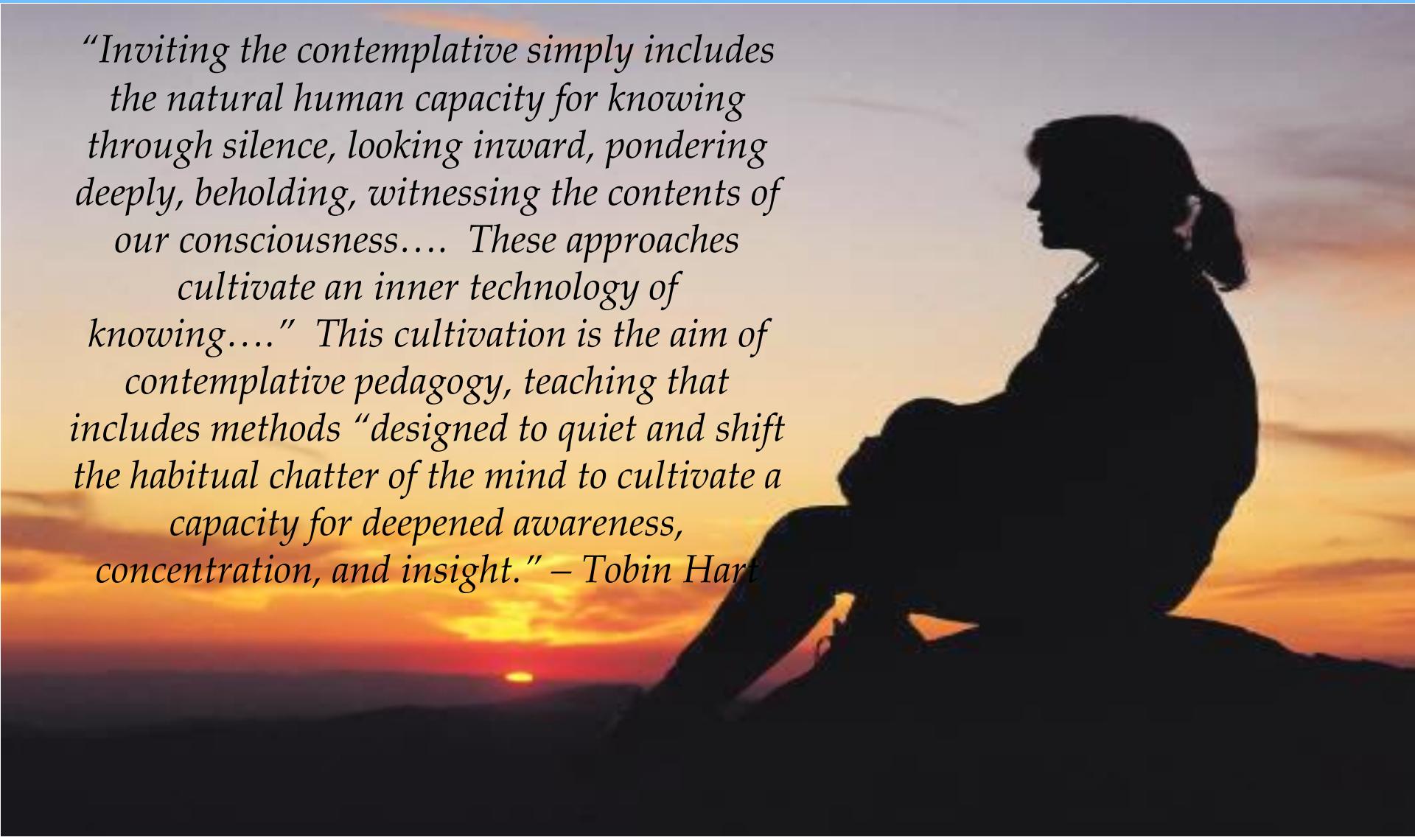
Enables skillful response to life's challenges
(Ragoonaden, et al., 2015)

Mindfulness in the Classroom

- ➔ Increase teacher's sense of well-being
- ➔ increases teaching self-efficacy
- ➔ enhances attentional and emotional self-regulation
 - ➔ promotes flexibility
- ➔ promotes supportive relationships with students
- ➔ promotes focused attention and working memory capacity
 - ➔ occupational self-compassion
- ➔ lower levels of occupational stress and burnout
(Meiklejohn et al., 2012; Roeser et al., 2012)

Contemplative Pedagogy

“Inviting the contemplative simply includes the natural human capacity for knowing through silence, looking inward, pondering deeply, beholding, witnessing the contents of our consciousness.... These approaches cultivate an inner technology of knowing....” This cultivation is the aim of contemplative pedagogy, teaching that includes methods “designed to quiet and shift the habitual chatter of the mind to cultivate a capacity for deepened awareness, concentration, and insight.” – Tobin Hart



P.R.E.S.E.N.C.E

Pause

Refrain from Judgment

Enter the Now

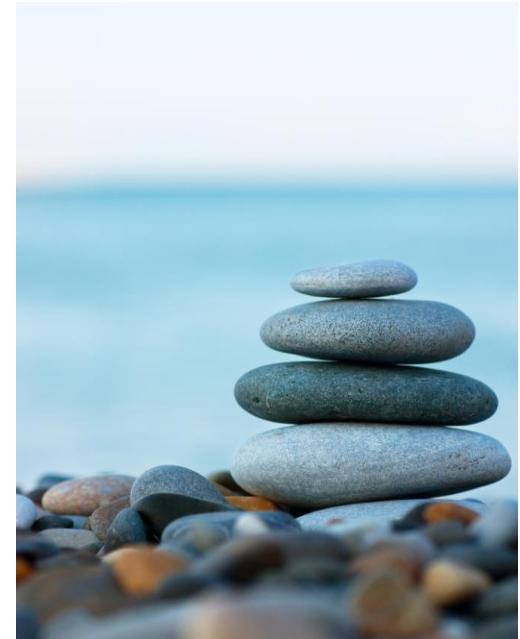
Slow Down and Detach from the External

Experience your Inner Dimension

Notice the Gap

Contemplate – dialogue, questions, journals

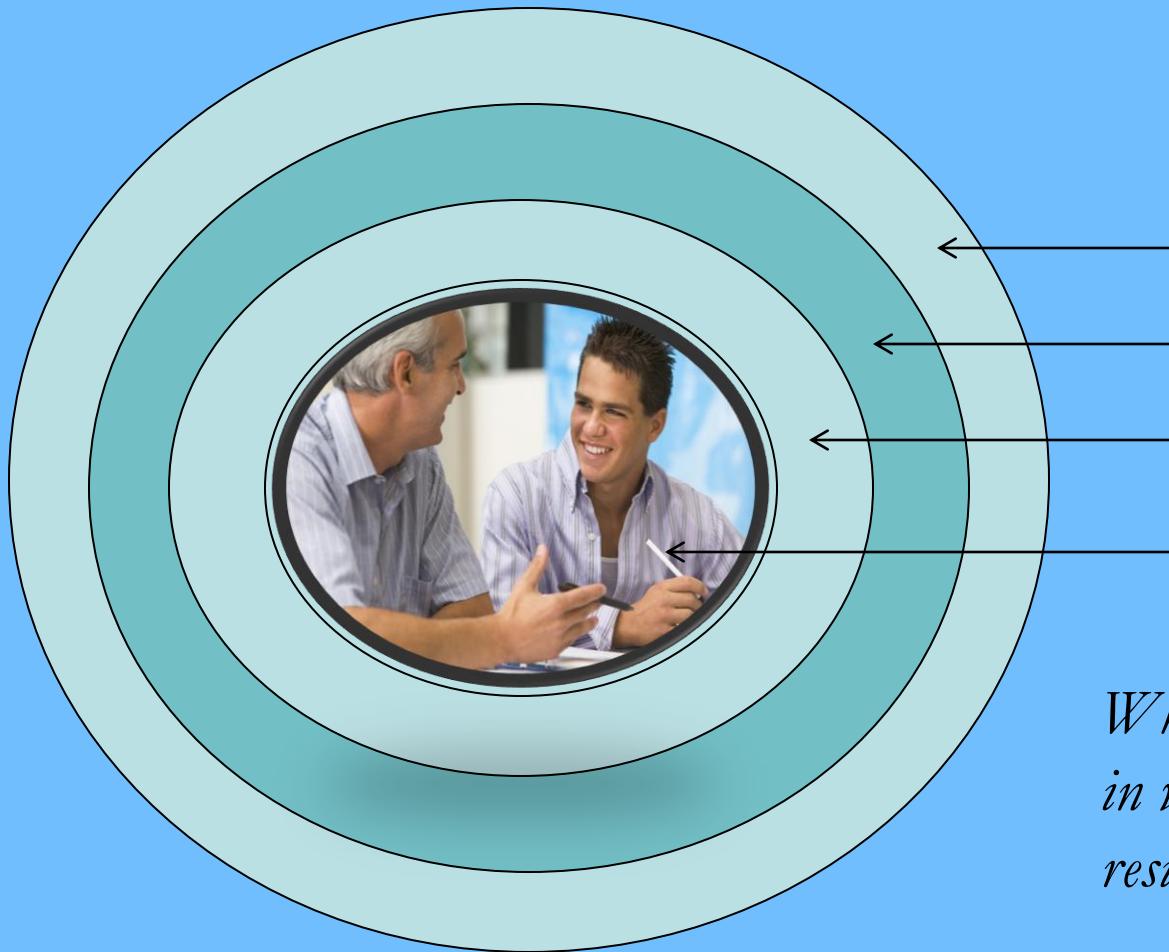
Emerge through transformational learning



Model for Transforming our Practice



Understanding Contextual Influences from an Ecological Perspective

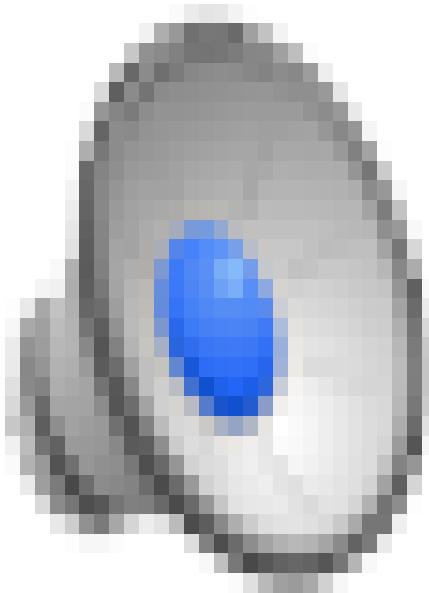


Mindful Attunement to Emerging Concerns



*What are your
concerns or
questions?*

Embracing our Vulnerability





Description of the Concern/Issue

Naming the concern/issue

Administrative

Personnel

Classroom Management

Student Learning

Pedagogical Practice

Programmatic Constraints

Analysis of Factors



Analysis of the factors that may be contributing to or influencing the concern/issue

Contextual
Intrapersonal: Know Thyself
Interpersonal
Procedural
Theoretical

Example Concern: Working with Marginalized Communities

How are your learners, if at all understanding their own voice through critical awareness of their contexts (eg. cultural constructions, ideologies, and social positioning of the discourses)?

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Identifying Possible Solutions



Dialogical Learning Spaces (Molina, 2015)

Space for Mindful, Reflective Practice



Next Steps...

What?

What are some questions/concerns you have regarding your instructional practice?

How?

How might you implement DLS in your own institution?

Who?

Who might you include in the DLS around your question/concern?

When?

When will you hold the DLS meetings during the term?

Where?

Where might you obtain resources to support your understanding of your question/concern?

Thank you...



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