

REFLECTIVE TEACHING AS META COGNITION FOR INNOVATION IN LANGUAGE TEACHING

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Reflection is defined by the Oxford English Dictionary (2012) as “The action or process of thinking carefully or deeply about a particular subject, typically involving influence from one's past life and experiences.” As understanding Language is a creative process it is necessary for a student to think out of box and see the world from his own understanding . Reflection theory focuses on the development on the ideas based on questioning such as

- a. How and what did I learn?
- b. How did the team perform?
- c. What worked and what didn't?
- d. How did I feel during the process?
- e. What can we do better next time?
- f. Did I reach my goals, why or why not?
- g. Did the team reach the goal?
- h. Was there conflict, how do we fix it?
- i. Were we a TEAM?

It connects the reading with practical knowledge where a student can relate the language with his personal experience.

A reflection is not just a report of factual information. It will have three basic elements

1. **Retell**- state the basic facts of the incident or activity but also examine how a student felt about it at the time and how he/she feel about it now.
2. **Relate** – relate the feelings or events to other examples .
3. **Reflect** – how will the knowledge gained from the event or experience be used either in your professional or personal life by giving examples. They Also think about possible alternatives, other perspectives or meanings.

This theory give/put emphasis on learning to become an active learner. While teaching Hindi / English as second language or encountering with a foreign language it focuses on four things as—

A practical learning experience within the course

A review of your learning in a course or unit

A response to a text

A past experience

In this paper we shall try to see that how this Reflection Theory focuses on the process of creating and clarifying the meanings of experiences in terms of self in relation to both self and world. And also we shall see that how

this theory can help the learning and acquisition of the second Language in creative and cognitive way. With many examples and chapters of Hindi Language and Literature we shall focus on the following—

- Meta cognitive learning
- Enhancement of capacity as reader and writer
- Writing with the sense of purpose
- Response to a text with one's own opinion
- Language Acquisition