

What do YOU see? Using Videotape for Reflection and Coaching

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What is Reflective Practice?

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- Reflective practice involves thoughtfully considering one's own experiences in applying knowledge to practice while being coached by professionals in the discipline. (Schon, 1983)
- Engaging in reflective practice is associated with the improvement of the quality of care, stimulating personal and professional growth and closing the gap between theory and practice, (Jasper, 2003).

What is Coaching?

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- “Coaching is not telling people what to do; it’s giving them a chance to examine what they are doing in light of their intentions.”
(Flaherty, 1999)
- “Coaching is developing people on purpose. Coaching involves (the other person) in the process of planning, creating, and problem solving.” (Doyle, 1991)

Goals of ECS Video Coaching Model

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- Thoughtful consideration of our practice/best practice
- Be the best we can be **for the children**
- Develop a culture of reflective practice
- Sustain PBIS implementation
- Document evidence of our efforts and impact with implementation

Benefits of Group Coaching

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- Combined wisdom of group brainstorming and problem solving
- Benefit from hearing the perspectives of others
- Great ideas are quickly integrated
- Responsibility for change rests with the group, not with a single individual
- Participants can support each other's growth and learning while in the classroom with children
- The group can celebrate successes together

Staff Perception of Benefits

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- “ ...we get a chance to watch ourselves in action and wonder how we can do things differently, that would benefit the kids. The very fact that it’s hard to watch is an indicator that it’s useful – if it were easy to watch we probably wouldn’t be learning anything.”
- ... the group process heightens each person’s awareness of what they are doing. Because everyone has heard the same discussion it makes it less easy to forget or slide into doing “what we always do” ”

Our Process

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- **Before the Session**
 - Decide what to focus on
 - Gather video footage
 - Preview and select video
- **During the Session**
 - Set the stage
 - View video
 - Generate discussion
 - Give follow up assignment if appropriate
- **After the Session**
 - Observe and gather more video
 - Provide feedback

Deciding What to Focus on

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- Team selected focus
 - Classroom goals
 - Inventory of Practices
 - Current classroom issues
 - Current child issues
- Coach observed needs



Gathering Video Footage

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- Who?
- How?
 - Keep an inexpensive camera in the classroom (e.g. Flip or Sanyo)
 - Keep extra battery and charger with camera
 - Teach staff how to use it!
- When?
 - Planned vs. spontaneous

Previewing Video

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- To find “the story”
- To look for moments
- To prepare reflective questions
- To get staff permission
 - This can be an opportunity as well.....

“Who dares
to teach must
never cease
to learn.”

John Cotton Dana

• Coming Together

- Why are we here?
- How can we make it most comfortable?
- How can we keep it safe?
- How can we learn from each other?

Viewing Video

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- Start with children
- Commercial video as a warm-up
- Allow “featured” staff to comment first
- Participants stop action

Generating Discussion

What...so
what...now
what?

Ellen Hall and
George Foreman

- What do you see happening?
- What are the relevant moments?
- What happened before/after?
- What was your goal?
- I'm curious about....
- What made the difference?
- What is he communicating when he...?

More Reflective Questions

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- How were the children responding?
- When did they seem most engaged ?
- What else did/could you try?
- What do you think would happen if...?
- How would you approach this next time?
- How will you know if it is successful?

Follow Up

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- Team Assignments
 - Transitions example
- Plan more observation/videotaping
- Provide feedback
- Re-visit the issue as a group
- Celebrate success!

Sample Coaching Session – Problem Solving

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- You are the staff in an inclusive preschool classroom at your first video coaching session
 - Your thoughts about ground rules?
- Questions to consider
 - Handout
- Video viewing
 - Overcoming Obstacles
 - Pizza Problem Solving

Video Coaching – Is it For You?

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- Program Readiness
 - Trust
 - Foundational training complete
- Technology Requirements
 - Flip, Sanyo Xacto or other inexpensive camera with EASY downloading.
 - Editing software (I use Quick Time Pro)
- Facilitation Skills
- Time

Sources and Resources

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- For Video
 - [Videatives](http://www.videatives.com) www.videatives.com
 - [Results Matter](#)
 - [CLASS Video Library](#)
 - [Teacher's TV](http://www.teachers.tv) www.teachers.tv
- For technology guidance
 - [eXploring TECH Blog](#) Larry Edelman
- For more information about using videotape in reflective practice
 - Larry Edelman, George Foreman, Victor Bernstein, Janet Dean