

Worksheet 5 – Reflective Practice & Professional Collaboration

Focus: Personal reflection log + connecting with online PLCs.

1. Weekly reflection log (copy for each week)

Prompt	Your reflection
One success story	☐
One challenge	☐
Evidence (screenshot, student quote)	☐
Action for next week	☐

2. Professional Learning Community tracker

PLC / Group	Platform	Goal	Participation rhythm
Example: Moodle Academy forum	moodle.org	Share H5P tips	Comment 1×/week

3. SMART improvement goal

- **Specific:** e.g. *Add a new interactive quiz each month*
- **Measurable:** How will you know?
- **Achievable:** Fits workload?
- **Relevant:** Links to student engagement aim?
- **Time-bound:** Deadline (date)

Micro-reflection

What insight from a colleague or online community have you applied this month?