

I Feel I have Plateaued Professionally...Gone a Little Stale: Reflective Practice For Professional Development

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Plateauing is marked by feelings of sameness, frustration, disillusionment, and career stagnation. It can happen at many different times during a language teacher's career. This plenary will show how language teachers can overcome plateauing through reflective practice. The plenary will look at the origins of reflective practice, what has influenced my approach to reflective practice while also examining the tools of reflective practice so that teachers (novice and experienced) can not only overcome the real experience of plateauing but also generate their own theory from practice.

Plenary References

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3. Farrell, T.S.C. (2013). *Reflective Teaching*. Alexandria, Va, USA: TESOL International publications.
4. Farrell, T.S.C. (2013). *Reflective Writing for Language Teachers*. London, UK: Equinox.
5. Farrell, T.S.C. (2013). *Reflecting on teaching the four skills: 60 strategies for professional development*. Ann Arbor: University of Michigan Press