## Elements of Better Practice

| (1) REFLECTION | a. Understanding reflection.  
|                | b. Exploring experiences, understandings, feelings, perceptions and actions.  
|                | c. Reflecting critically on past and present experiences to inform present and future actions, decisions and progress.  
|                | d. Drawing on ideas to interpret experiences.  
|                | e. Surfacing emotions/feelings that underlie assumptions and perspectives and staying open to data regardless of emotional reactions.  
|                | f. Selecting purposeful approaches and strategies for: (a) self-reflecting; (b) eliciting constructive feedback; and, (c) self-assessing.  
|                | g. Using self-reflection, feedback and self-assessment to advance learning and development.  
|                | h. Determining course(s) of action guided by critical reflection(s). |

| (2) AGENCY | a. Understanding agency.  
|            | b. Taking responsibility for achieving goals (including learning goals) and adding value.  
|            | c. Identifying and using a variety of learning resources.  
|            | d. Turning specific events into experiences for learning.  
|            | e. Participating proactively and creating networks.  
|            | f. Managing time and tasks to fulfill commitments.  
|            | g. Finding and using standards to track progress and assess effectiveness.  
|            | h. Accepting responsibility for outcomes (positive and negative) of actions. |

| (3) FLEXIBILITY | a. Understanding flexibility.  
|                | b. Analyzing messy conditions/situations and applying knowledge from multiple perspectives, models and theories as well as roles, responsibilities and contexts.  
|                | c. Making connections between seemingly disparate entities.  
|                | d. Generating and entertaining multiple interpretations for any proposition, assertion or observation.  
|                | e. Devising well-framed problems and inventing possible solutions.  
|                | f. Adapting to various situations based on awareness/examination of learning processes.  
|                | g. Practicing a repertoire of skills and responses across a variety of personal/professional settings.  
|                | h. Taking appropriate risks. |