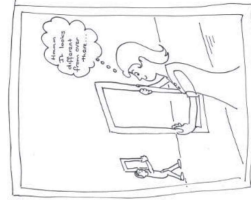


In a nutshell

This resource can be photocopied and used as a revision tool or a prompt for discussion with your peers. It relates to the concept of a frame of reference which was discussed earlier in the chapter.

Frames of reference



A frame of reference refers to the way in which you view things. This will be a complex set of assumptions, attitudes and perceptions which help frame our reality (Tversky and Kahneman, 1981).

These frames are generally so engrained in us that we are not aware that they are there until we are confronted with them. Only then can we change them, or in the words of Mezirow (1997), we can be transformed.

Constant analysis of our frames of reference helps to stop us stagnating and ensures that we do not fall into patterns of behaviour which are not always positive.

Source: Mezirow (1997).

Putting it into practice

Reflection is one of the key ways of changing the frames of references of yourself and others. One exercise you can do is to get your students to identify a lesson where they felt disengaged and get them to concept map the reasons why. This way they can identify any barriers and you can work on solutions.

While they do the exercise, you do the same thing.

When the exercise is finished review it in a week's time to see if the solutions have been used.

What else could you do?