



# Practicing Core Reflection: Activities and Lessons for Teaching and Learning from Within

*Frits G. Evelein, Fred A. J. Korthagen*

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*Practicing Core Reflection* features 78 concrete educational activities and exercises based on research. These can be used individually and in groups to support 'teaching and learning from within.' Core Reflection is an approach focused on people's personal strengths and on using practical strategies to overcome obstacles to the enactment of these strengths. This approach has been used in many contexts all over the world and has shown great promise in helping to re-chart the course for education and to re-think its purpose in global and democratic societies. Additional tools (Cards, Figures, Tables, Forms in a printable PDF format) are provided on this website (under the eResources tab). Building on the theoretical foundations established in Korthagen, Kim, and Green's *Teaching and Learning from Within: A Core Reflection Approach to Quality and Inspiration in Education*, this companion volume can be used together with it or on its own to engage educators in exploring what it means to bring out the best in oneself, in students, in colleagues, and others—a critically significant project if education is to realize new levels of possibility and potential.

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