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Autore	Hall Peter A. <1971->
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Title Page; Copyright; Table of Contents; Preface; Acknowledgments; Chapter 1. If You Can Read This, Thank a Teacher; Chapter 2. Reflections on Self-Reflection; Chapter 3. Reflective Self-Assessment Tool; Chapter 4. The Continuum of Self-Reflection; Chapter 5. The Unaware Stage: What Does Unaware Mean, Anyway?; Chapter 6. The Conscious Stage: Is the Knowing-Doing Gap Real? ; Chapter 7. The Action Stage: What Happens When Art and Science Collide; Chapter 8. The Refinement Stage: Smoothing Out the Rough Edges; Chapter 9. Conclusion; Appendix A; Appendix B; Appendix C; Bibliography; Index About the Authors
Sommario/riassunto	The authors present the Continuum of Self-Reflection as a tool to help teachers take charge of their professional development and become more self-reflective-and effective-educators.