

## Reflect Smarter, Not Harder: Harnessing AI for Reflective Teaching in EFL Classrooms

Reflective teaching is a cornerstone of professional growth in TESOL, allowing educators to critically analyze their practice, refine instructional strategies, and enhance student engagement (Schön, 1983; Farrell, 2018). With the emergence of artificial intelligence (AI), teachers now have access to powerful tools that can automate reflection, provide structured feedback, and enhance self-assessment. However, integrating AI into reflective teaching raises both opportunities and challenges regarding bias, reliability, and teacher autonomy.

This hands-on workshop explores how AI-driven tools can support reflective teaching practices. Participants will engage with AI-powered platforms to analyze lesson effectiveness, generate reflection journal entries, and refine instructional decisions. The session is grounded in established reflective practice frameworks, including Schön's (1983) Reflection-in-action & Reflection-on-action model, Gibbs' (1988) Reflective Cycle, and Brookfield's (1995) Four Lenses Model. Through practical activities, discussions, and ethical considerations, this workshop empowers educators to critically and effectively incorporate AI into their professional development.

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