



**When using this material, reference to its source is needed:**

Korthagen, F. & Nuijten, E. (2022). *The power of reflection in teacher education and professional development: Strategies for in-depth teacher learning*. New York: Routledge.

**Structure 8**

### ***Structure 8: Contrast analysis***

1. Choose a recent positive (work) experience (preferably of the type: that made my whole day good!) and a recent negative experience (of the type: this is horrible, I hope this kind of experience will not occur too often during the rest of my career).
2. First try to recall the negative situation as clearly as possible using the following questions:

What do you see when you recall that situation as if you were back in it? What do you hear? What do you think? What do you feel? What do you want? What are you doing?
3. Now run through the same questions for your positive situation.
4. State the difference between both experiences in one sentence (or keyword): what is a feature of the positive situation that is not present (or less present) in the negative situation? Also consider your core qualities that come out more in the positive situation and less in the negative.
5. Complete one of the two following sentences:
  - I am someone who finds . . . important. *Or:*
  - I am someone who wants to work (live) from . . .
6. See for yourself or discuss with someone else whether you can place your answer to question 5 at one of the layers of the onion model. To what extent do the other onion layers correspond with this, (a) in the positive situation and (b) in the negative situation?
7. What does this reflection show you and to what intention does that lead you?