



VietTESOL International Convention 2026

The Five-Dimensional Reflective Cycle Framework for Aspiring English Teachers: A Three-Year Collective-Case Study in Vietnam

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Abstract

Aim: Developing aspiring teachers' reflective teaching and learning skills in English as Medium of Instructions.

Topics cover:

- (1) Literature review: Sociocultural theory; Reflective practices,
- (2) Videos and Reflective Practices in teaching and learning,
- (3) Reflective cycle framework: DATAE,
- (4) Online learning activities: Scaffolding for reflection – DATAE framework,
- (5) Analysis of Responses posted,
- (6) Insights into students' learning experiences and attitudes,
- (7) Implications and Recommendations.

Sociocultural Theory and Reflective Practices

Sociocultural theory (Vygotsky, 1978):

- (1) Knowledge construction – in a social and cultural environment,
- (2) Learning – through interaction with skillful others.
- (3) and through internalization of new knowledge in private speech.

Reflection (Cowan, 2014) – Strategy to unearth tacit knowledge:

- (1) Examine an issue from different perspectives,
- (2) Self-challenge and open to new insights,
- (3) meta-cognitive self-review.

Reflective Practices (RP) (Velandia, 2015; Yaacob et al., 2021):

- (1) Assist learners to improve their knowledge of the English language,
- (2) Encourage learner autonomy,
- (3) foster critical thinking.

Videos and Reflective Practices in Teaching and Learning

A compelling body of research literature reporting that SRVs, team videos and general videos have successfully used to develop learners' speaking skills (Chen, 2021; Đinh et al., 2024; Lam & Vo, 2024; Riyanto, 2020; Spring, 2020).

Teaching Reflection: facilitates learners' awareness of their knowledge, enhances confidence, assists learning (Suzuki, 2019; Zessoules & Gardner, 1991).

Scaffolding learners to reflect while learning helps them to self-review at a high level of cognitive process (Lozano Velandia, 2015).

High level prompts followed by high-quality observation has a moderating effect on learners' reflection levels (Chen et al., 2009).

Vietnamese English Pre-Service Teachers received deficient training in reflection and were not equipped with theoretical knowledge about reflection (Phan & Nguyen, 2024).



Levels of Reflection (Ryan & Ryan, 2013):

The 4Rs Framework (Increasing complexity):

- 1- Reporting and Responding,
- 2- Relating,
- 3- Reasoning,
- 4- Reconstructing.



Reflective framework, DATAE

- 1- Reflective concept for learning,
- 2- Structure for the learners to reflect
- 3- Increasing level of Cognitive Process (Krathwol, 2002):

Describe – lowest level (Remember)

Analyse – next level

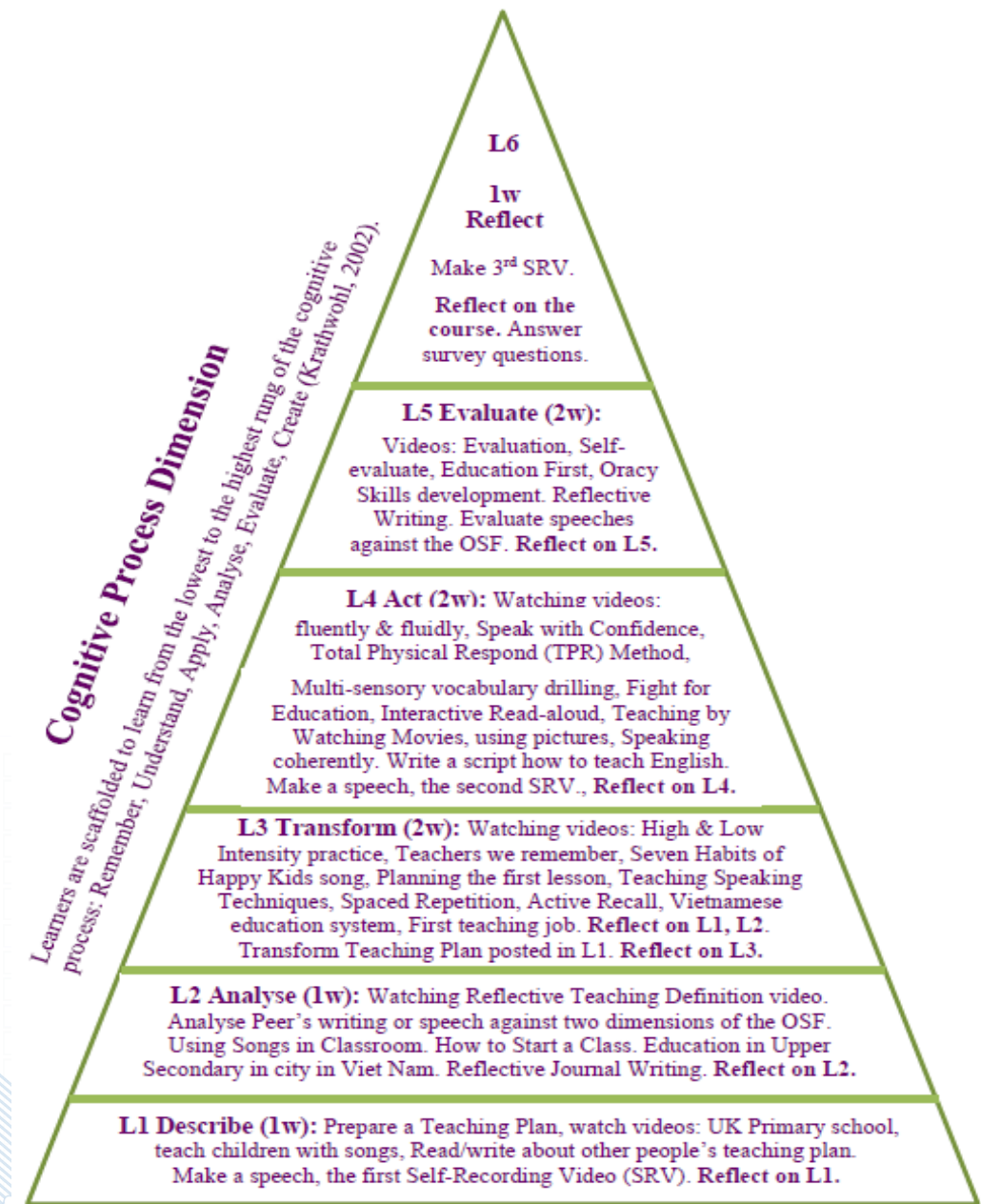
Transform – higher level (Create)

Act and Evaluate – highest rung (Meta-cognitive).

- 4- Order the course lessons

- 5- Scaffold students to reflect

(Tran & Anvari, 2013; Tran & Anvari, 2013a; Tran & Anvari, 2026; Tran et al., 2022, 2024a; Tran et al., 2024c; Tran et al., 2019).



Participations and Data Collection

14 aspiring English teachers participated between 5 February 2024 and 22 March 2026 in four classes of nine weeks.

English-major students at Quang Nam university: 1 second-year, 10 third-year

Non-English major students at two universities in Da Nang: 3 third-year students.

10 students have some teaching experiences in private one-to-one or small classes at home.

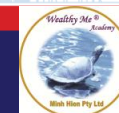
DATAE – Teaching – 2026: 7 students in 2026 (Jan–Mar): NH, LN, HTN, TV, VL, YN, KH

DATAE - Level 4 – 2025: 3 students (Jun–August): TT, TS, AT

DATAE - Level 4 – 2024 Class 2: 3 students (Jun–August): T, HA, TL

DATAE – Level 4 – 2024: 1 student (Feb–April): TT

Data collected: “Evaluate” assignments – participants’ posts for Lesson Five.



Lesson 5: Evaluate – Class 2026

Lesson 5: To Evaluate

The duration of this lesson is two weeks. In this lesson you will learn *how to evaluate what you have learnt throughout this online study and how to evaluate the effectiveness of your teaching.*

Your study activities for topic five are as follows:

- 2026 L5 Day 1 - Monday 2 March: Difference between Analysis and Evaluation
- 2026 L5 Day 2 - Tuesday 3 March: The Importance of Self-Evaluation - Reflecting on Teaching
- 2026 L5 Day 3 - Wednesday 4 March: Reflective Journal Writing for Lesson Three
- 2026 L5 Day 4 - Thursday 5 March: 60-Second Strategy: Respond, Reflect, and Review
- 2026 L5 Day 5 - Friday 6 March: ENGLISH SPEECH | MALALA YOUSAFZAI: Education First
- 2026 L5 Day 6 - Saturday 7 March: Cambridge Papers in brief: the development of oracy skills in school aged learners with Rebecca Rios
- 2026 L5 Day 7 - Sunday 8 March: Reflective Journal Writing for Lesson Four
- 2026 L5 Day 8 - Monday 9 March: Evaluate your peer's video assignment for Lesson One
- 2026 L5 Day 9 - Tuesday 10 March: Evaluate your peer's video assignment for Lesson Four
- 2026 L5 Day 10 and Day 11 - Wednesday-Thursday 11-12 March: Self-Evaluation and Reflection
- 2026 L5 Day 12 and Day 13 - Friday-Saturday 13-14 March: Reflect on your recent teaching and learning experiences
- 2026 L5 Day 14 - Sunday 15 March: Reflection on Lesson Five



2026 L5 Day 2 - Tuesday 3 March: The Importance of Self-Evaluation - Reflecting on Teaching

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Watch the following video titled "The Importance of Self-Evaluation - Reflecting on Teaching" by Tara from Educational Partners International.

While watching the video, take notes. After you have watched the video, reflect on the contents of the video then apply the DATAE model to write the following:

- 1- Describe the topic and contents of the video. (Write at least 50 words.)
- 2- Analyse your experience of watching the video:
 - (a) What have you learned? What new insights have you gained from watching the video? (Write at least 50 words.)
 - (b) What are the effectiveness and usefulness of the experience? What is your opinion about your experience in watching the video? What is the value of this experience? (Write at least 50 words.)
- 3- Transform: Plan on making the information you have gained useful for your teaching and learning. e.g. How do you self-evaluate the effectiveness of your teaching methods? (Write at least 50 words.)
- 4- Act: How will you incorporate the skill into your future learning and teaching? Write a paragraph about the how you will apply your new knowledge and insights in the future. (Write at least 50 words.)
- 5- Evaluate: How this new skill will enable you to speak or teach better. Reflect on your experiences of teaching and your experiences in learning. Based on your reflection, will you apply some or all of the self-evaluation methods advised in the video? If yes, you should tell us how you plan to use those methods. If not, you should say why not. (Write at least 50 words.)



L5 D2: 2026 Cohort Student's Post

High-level-prompt questions were asked:

(a) What new insights have you gained from watching the video?

(b) What are the effectiveness and usefulness of the experience?

by HTN - Wednesday, 4 March 2026, 4:17 AM

1. Describe

The video “The Importance of Self-Evaluation – Reflecting on Teaching” by Tara from Educational Partners International focuses on the importance of self-reflection in professional development for teachers. The speaker begins creatively by comparing self-evaluation to having a superhero power. Although she jokes about reading minds, she explains that teachers who seek professional development already demonstrate a desire to improve. The video emphasizes that education is constantly changing because students, teaching methods, and technology evolve over time. Therefore, teachers must not remain stuck in old habits. Tara highlights that self-evaluation helps teachers improve classroom management, refine teaching strategies, reduce stress, and enhance student learning outcomes. She also suggests practical sources of feedback such as gradebooks, students, and colleagues within professional learning communities.

2. Analyse

(a) What have I learned? What new insights have I gained?

From watching this video, I learned that self-evaluation is not a sign of weakness but a sign of professionalism and growth. I realized that many teachers may feel comfortable using the same teaching style for years, but comfort does not always mean effectiveness. One important insight I gained is that reflection should be continuous and practical. For example, checking students' results in the gradebook can reveal which lessons were successful and which need improvement. I also understood that students themselves are valuable sources of feedback because they directly experience our teaching methods. This video helped me see that improvement begins with honest self-awareness.

(b) Effectiveness and usefulness of the experience

Watching this video was very effective and meaningful for me as a English Language student. It reminded me that becoming a good teacher requires continuous development, not just academic knowledge. I believe this experience is valuable because it changed my perspective on reflection. Before, I thought evaluation mainly came from supervisors or lecturers. Now, I understand that self-evaluation is something I must actively practice. The video was clear, motivational, and realistic. It encouraged me to think seriously about my future role as an educator and the responsibility I will have toward my students.



L5 D2: 2026 Cohort Student's Post (cont.)

3. Transform

To make this information useful for my teaching and learning, I plan to develop a habit of regular self-reflection. After each micro-teaching session or presentation, I will ask myself specific questions: Did my explanation help students understand clearly? Were my instructions simple and effective? Did I manage time well? I will also review students' performance results to evaluate whether my teaching methods were successful. In my own learning process, I will reflect on my English speaking and listening progress by recording myself and comparing improvements over time. By doing this, I can identify my weaknesses and work on them systematically.

4. Act

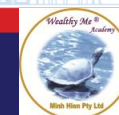
In the future, I will incorporate self-evaluation into both my learning and teaching practices. When I become a teacher, I plan to collect feedback from students through short reflection forms or informal discussions. I will also collaborate with colleagues to share teaching strategies and observe each other's lessons. During my university years, I will reflect on each assignment, exam result, and classroom participation experience. For example, if I notice that I feel nervous when speaking in front of the class, I will practice more public speaking instead of avoiding it. By consistently applying reflection, I can gradually improve my confidence and teaching competence.

5. Evaluate

This new skill of self-evaluation will enable me to teach and speak better because it promotes awareness and intentional improvement. When I reflect on my learning experiences, I realize that the times I improved the most were when I actively identified my weaknesses and worked on them. For example, when I noticed my pronunciation mistakes, I practiced listening to English music and repeating sentences aloud. In the future, I will apply most of the self-evaluation methods suggested in the video, especially reviewing performance results, seeking feedback from students, and collaborating with colleagues. I believe that self-evaluation is not a one-time action but a lifelong habit. By continuously reflecting, I can become a more effective, flexible, and professional educator who truly supports students' growth.

Second-year student Reflected at levels 3 and 4:

1-“Reporting and Responding”, 2-“Relating”,
3-“Reasoning”, and 4-“Reconstructing” (Ryan & Ryan, 2013)



Lesson 5: Evaluate – 2024 Class 2

DATAE - Level 4 - 2024 Class 2 / Lesson 5: To Evaluate

Lesson 5: To Evaluate

The duration of this lesson is two weeks. In this lesson you will learn *how to evaluate what you have learnt throughout this online study and how to evaluate the effectiveness of your teaching.*

Your study activities for topic five are as follows:

- 2024 L5 Day 1 - Monday 29 July: Difference between Analysis and Evaluation
- 2024 L5 Day 2 and Day 3 - Tuesday and Wednesday 30-31 July: The Importance of Self-Evaluation - Reflecting on Teaching
- 2024 L5 Day 4 - Thursday 1 Aug: 60-Second Strategy: Respond, Reflect, and Review
- 2024 L5 Day 5 and Day 6 - Friday-Saturday 2-3 Aug: Cambridge Papers in brief: the development of oracy skills in school aged learners with Rebecca Rios
- 2024 L5 Day 7, Day 8 and Day 9 - Sunday-Tuesday 4-6 Aug: Evaluate your friend's video assignment
- 2024 L5 Day 10 and Day 11 - Wednesday-Thursday 7-8 Aug: Self-Evaluation and Reflection
- 2024 L5 Day 12 - Friday 9 Aug: Reflection on Lesson Three
- 2024 L5 Day 13 - Saturday 10 Aug: Reflection on Lesson Four
- 2024 L5 Day 14 - Sunday 11 Aug: Reflection on Lesson Five

DATAE - Level 4 - 2024 Class 2 / Lesson 5: To Evaluate
/ 2024 L5 Day 2 and Day 3 - Tuesday and Wednesday 30-31 July: The Importance of Self-Evaluation - Reflecting on Teaching



2024 L5 Day 2 and Day 3 - Tuesday and Wednesday 30-31 July: The Importance of Self-Evaluation - Reflecting on Teaching

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Watch the following video titled "The Importance of Self-Evaluation - Reflecting on Teaching" by Tara from Educational Partners International.

While watching the video, take notes.

After you have watched the video, write the following:

- 1- Describe what the video is about.
- 2- How do you self-evaluate the effectiveness of your teaching methods?
- 3- Reflect on your experiences of teaching and your experiences in learning. Based on your reflection, will you apply some or all of the self-evaluation methods advised in the video? If yes, you should tell us how do you plan to use those methods. If not, you should say why not.



L5 D2: 2024 Class 2 Cohort Student's Post

High-level prompted questions were not asked.

by TL - Thursday, 8 August 2024, 7:57 PM

1. Video Description:

The video highlights the importance of self-evaluation in the teaching profession. Tara shares that self-evaluation helps teachers not to get stuck in the same old ways, ensuring that teaching methods are constantly evolving with technological advances. Self-evaluation is an opportunity to improve classroom management, reduce stress, and find effective teaching strategies. It also helps identify and overcome weaknesses, creating a better learning environment for students.

2. How do you evaluate the effectiveness of your teaching methods?

I evaluate my teaching methods by listening to feedback from my students and co-teachers. I also regularly review my teaching notes to determine what worked well and what needs improvement. Participating in professional development activities helps me expand my knowledge and apply new methods to my teaching.

3. Reflect on your teaching and learning experiences. Based on your reflection, will you apply some or all of the self-evaluation methods recommended in the video?

Based on Tara's video, I find self-evaluation essential to improving the quality of teaching. I plan to apply some of the self-evaluation methods recommended by Tara, such as taking advantage of feedback from students and colleagues, to identify areas for improvement. I will also learn from other experienced teachers, which will help me expand my capabilities and enhance my teaching effectiveness. I also regularly review my own lessons to determine what works and what doesn't. This will not only help me improve my teaching skills, but also create a more positive and effective learning environment for my students.

Third-Year Student Reflect at levels 2 and 3:

1- "Reporting and Responding", 2- "Relating",
3- "Reasoning", and 4- "Reconstructing".

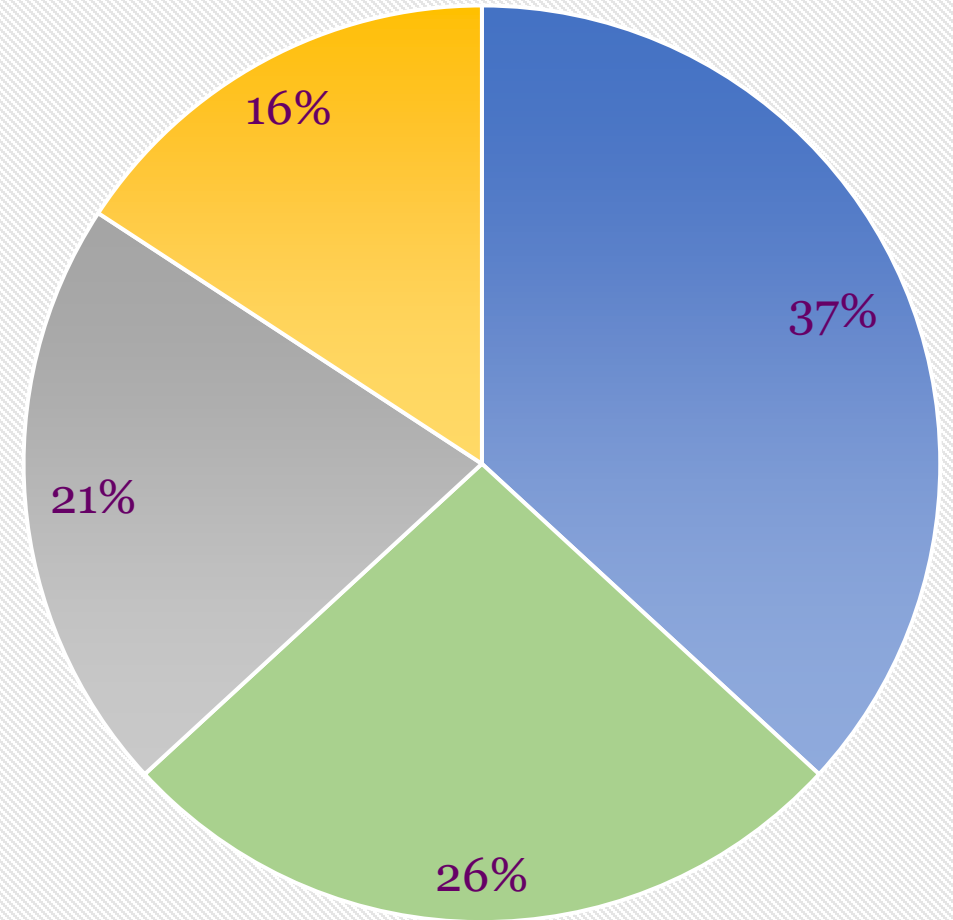
(Ryan & Ryan, 2013)



2026 Cohort Students' Perceptions – Frequency of Responses

5. What about your learning efforts surprised you the most? (This could be something about your own reactions to what went on during your learning or something that someone did over the past nine weeks, or anything else that occurs). Please describe it.

- Gain confidence
- Reflection - an effective strategy
- Video - a practical tool
- Gain new knowledge from course materials



L5 D12-D13 Q5: 2026 Cohort Student's Post

5. What about your learning efforts surprised you the most? (This could be something about your own reactions to what went on during your learning or something that someone did over the past nine weeks, or anything else that occurs). Please describe it.

Third-year Student's post for Q5 of L5 D12-D13:

VL:

What surprised me the most was how my confidence in understanding teaching methods improved during the nine weeks. At the beginning, I did not expect that I could learn many useful teaching methods such as TPR or ways to motivate young learners through songs and fun activities. I also learned some effective learning strategies such as spaced repetition and improving English study habits through high-intensity and low-intensity practice. At first, I felt unsure about many teaching concepts and found it difficult to analyze teaching videos. However, after completing several activities and reflections, I became more comfortable evaluating lessons and identifying effective teaching strategies. I realized that with practice and careful observation, I can gradually develop better analytical and professional skills.

Findings

DATAE scaffolds learners to reflect at high levels of
“Reasoning” and “Reconstructing” of (Ryan & Ryan, 2013)

Reflection encourages deep learning
can be used to scaffold aspiring teachers
to practice reflective learning and teaching
in English-Medium Instructions (EMI) environment
even by distant educators.

Video is a practical tool for reflection.

Recommendations

DATAE as a framework to cultivate learners' reflection ability.

DATAE framework and videos as learning tools:
can be used to scaffold aspiring teachers
to practice reflective learning and teaching
in English-Medium Instructions (EMI) environment
even by distant educators.

The findings of this study contribute to the literature of EMI, and it is in line with the Vietnamese national plan (2025–2035) in repositioning English as a compulsory second language in all schools by 2035.

Thank You

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