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# REFLECTION AND SELF-ASSESSMENT IN THE CREATIVE APPROACH

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| **MAQOLA MALUMOTI** | **ANNOTATSIYA:** |
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| **MAQOLA TARIXI:** | *This article explores the significance of reflection and self-assessment in the educational process, focusing on their impact on students' academic performance and personal development. Through a reflective approach, students develop skills in independent thinking, creative problem-solving, and self-analysis. Self-assessment enables learners to identify their strengths and weaknesses and motivates them to improve.* |
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| **KALIT SO'ZLAR:** | |
| *Reflection, self-assessment, educational process, student activity, personal development* | |

## Introduction

In modern education, ensuring the individual development of students through a learner-centered approach remains a pressing issue. From this perspective, reflection and self-assessment mechanisms are recognized as essential tools for enhancing educational effectiveness. Reflection is the process of analyzing one's actions, thoughts, and behaviors to initiate meaningful change, contributing to the development of both cognitive and metacognitive abilities (Dewey, 1933). According to UNESCO (2022), reflective approaches significantly improve students' critical thinking, problem-solving, and decision-making skills.

Self-assessment, on the other hand, serves as a motivational tool that helps students recognize their achievements and shortcomings, analyze learning outcomes realistically, and strive for improvement. The 2021 OECD (PISA) international studies show that students

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who regularly practice self-assessment achieve higher academic performance and demonstrate better application of knowledge in practice. Therefore, integrating reflection and self-assessment into the learning process not only enhances pedagogical quality but also supports students' personal growth and sustainable development.

This article analyzes the theoretical foundations and practical applications of reflection and self-assessment, highlighting their role in modern education through a deep examination of their impact on student learning.

Literature Review

In contemporary education, reflection and self-assessment (SA) are acknowledged as key factors in developing students' metacognitive abilities. Dewey (1933) defines reflection as the process of analyzing and understanding one's experiences, considering it a vital tool for deep learning. Black and Wiliam (1998) scientifically proved the positive impact of SA on students' academic achievement.

According to the 2022 OECD PISA studies, students with reflection and self-assessment skills achieve higher learning outcomes and apply knowledge more effectively. Research by Zimmerman and Schunk (2011) also shows that these practices enhance students' self-regulated learning skills, which in turn lead to academic success.

Methodology

The following methodological approaches were used in writing this article:

Analytical method: Review of existing literature, articles, and studies on reflection and self-assessment

Comparative method: Comparison of different approaches and their effectiveness in education, particularly analyzing PISA results

Statistical analysis: Evaluation of the impact of reflection and SA on educational outcomes using data from OECD and other international organizations

Practical analysis: Examination of teachers' experiences in applying reflection and self-assessment in practice

Forecasting: Predictions about the future impact of reflection and SA on education systems based on current findings

These approaches enabled a comprehensive analysis of the role and significance of reflection and self-assessment in the learning process.

Results

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The use of reflection and self-assessment methods in modern education positively influences students' academic success, metacognitive abilities, and self-regulation skills. Various international studies and statistical data confirm the effectiveness of these methods:

Impact on academic achievement

Development of metacognitive and self-regulation skills

Influence on teachers' assessment practices

Forecasting future educational trends

Discussion

Reflection and self-assessment are crucial elements in the process of self-awareness and personal development. Self-assessment involves analyzing one's achievements, limitations, internal potential, and boundaries. This process leads to growth, transformation, and improvement. Reflection, in turn, is the analysis of personal experiences to generate new insights and decisions.

Numerous studies show that these processes help individuals better understand themselves. For example, reflective thinking methods not only improve students' knowledge levels but also enhance their approach to learning. Self-assessment helps individuals identify their potential, increasing motivation for change and development. Moreover, these practices foster personal responsibility and help learners recognize and correct their mistakes, which is essential for success in both academic and professional life.

However, these processes may encounter challenges. Individuals may overestimate or underestimate themselves during self-assessment, risking loss of confidence or unrealistic expectations. Therefore, it is important to conduct these processes in a balanced and objective manner.

Reflection and self-assessment should be systematically integrated into education and upbringing. Educators play a key role in teaching students and learners how to reflect and assess themselves. These processes not only enhance knowledge but also contribute to self-awareness and personal growth.

Thus, reflection and self-assessment occupy a central place in personal and professional development. Through them, individuals identify their internal resources and develop strategies for future success.

**Conclusion**

Reflection and self-assessment are fundamental tools for personal and professional development. These processes help individuals analyze their strengths and weaknesses and

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identify areas for improvement. Accurate and objective self-assessment enables individuals to evaluate their potential correctly, facilitating change and goal-setting. Reflection guides individuals to make conscious and structured decisions by analyzing past experiences.

Numerous studies confirm that reflection and self-assessment foster effective learning among students, professionals, and other individuals. These processes help people understand their mistakes, analyze them, and avoid repeating them in the future. They also promote self-awareness, transformation, and growth.

For these processes to be effective, individuals must apply them in a balanced and objective manner. Reflection and self-assessment should be systematically taught to students, learners, and professionals to help them maximize their potential. In this way, these practices deepen self-understanding and guide individuals toward new achievements.

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