Educational psychology is the scientific study of how people learn and how teachers can foster learning. An understanding of educational psychology can help contemporary Australian school teachers form early childhood through to secondary school.

Lesson study is a professional development process that teachers engage in to systematically examine their practice, with the objective of enhancing teaching and learning. It is a unique and powerful method for improving professional practice. Lesson study involves a group of teachers who collaborate to develop and refine a lesson plan, through observation and discussion, to improve teaching and learning. This approach is based on the principles of collegiality, reflection, and continuous improvement.

In lesson study, teachers work in small groups to identify and address issues related to teaching and learning. They analyze student performance data, observe each other's lessons, and discuss the effectiveness of teaching strategies. By examining the strengths and weaknesses of their lessons, teachers can gain insights into how to improve their practice. This process of reflection and collaboration allows teachers to develop a shared understanding of effective teaching practices and to support one another in their professional growth.

The benefits of lesson study extend beyond the individual teacher and classroom. It fosters a culture of learning and inquiry within schools, promoting continuous improvement and a focus on student learning. Lesson study encourages teachers to take an active role in their professional development, leading to increased job satisfaction and a sense of community among educators.

The impact of lesson study on student outcomes is well-documented. Studies have shown that lesson study can lead to significant improvements in student achievement, as well as increases in teacher efficacy and job satisfaction. By focusing on the development of effective teaching practices, lesson study contributes to the overall quality of education, ensuring that students have access to high-quality, evidence-based instruction.

In conclusion, lesson study is a powerful tool for enhancing teaching and learning. It provides teachers with the opportunity to engage in collaborative inquiry, reflect on their practice, and work towards continuous improvement. By fostering a culture of learning and inquiry, lesson study contributes to the development of a more effective and equitable educational system, ultimately benefiting students and educators alike.