Critical reflection is an important skill that instills lifelong information literate skills in students. In order to effectively teach students this skill, it is vital that teaching librarians adopt some form of critical reflective practice. This session introduces participants to Brookfield’s four lenses of critical reflection in teaching and Fook and Gardner’s research on developing a critical reflection model for professionals. Moreover, this session provides resources on assessing critical reflections and identifying strengths and weaknesses in one’s own reflection. Overall, this session aims to introduce tools and methods of critical reflection practices to librarians who teach.