

# How teachers use their own experiences of learning in their teaching

Through high school teachers who aimed to be researchers

Masanobu Itou

Graduate School of Science for Human Services, Ritsumeikan University

**Key words:** teacher learning, teacher culture, teacher growth

## Abstract

This study researches experiences and views of high school teachers who aimed to become academic researchers. Their knowledge about learning and teaching help find perspectives of education. Data are based on interviews of five high school teachers. Such data are interpreted and integrated. I use Category Analysis. Much perspective is found as simple concept, for example, Distance of teaching mind, Autonomy of learners, Autonomy of teachers, Wide meaning of education, Connection between learning and teaching, and so on. These are useful for improvement of education. As I am also a high school teacher, my personal experiences as a teacher are analyzed in this study as well.