

Notes to Self

Year-end *Teacher Reflection*



Teaching Channel

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1. What stands out as a “best” day for you this school year? What was so great about it?
2. What student makes you smile when you remember him/her in class?
3. What colleague helped you in some way this year? What did he/she do for you?
4. What day stands out as a challenge for you as a teacher? What happened?
5. What was your favorite day of the week - usually? Why?
6. Did you have any surprises this year? Either positive - or negative!
7. What book did you read aloud with your students? What responses stand out from that?
8. When did you feel most proud of your teaching?
9. Describe and explain your typical mood on Monday morning.
10. Describe and explain your typical mood on Friday after school.
11. Who cares the most about you at your school?
12. What family did you connect the most with this year? How did you do that? Why do you feel that way?
13. What was your favorite clothing to wear this school year? Why?
14. What new teaching strategy did you try out this year? How did it work?
15. Describe a challenging behavior issue you encountered this year.
16. What was the hardest part of your curriculum to teach this year?
17. With which colleague would you most like to co-teach? Why?
18. Describe your relationship with your principal this year.
19. Did any other individual school staff members stand out as being helpful and kind to you?
20. Describe what it looks, sounds, feels like to be “in your zone” teaching.

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21. Describe a day when you felt professionally defeated or incompetent.
22. Name 3 people to whom you would like to write a thank you note and for what reason?
23. How comfortable was your classroom for you this school year?
24. How student-friendly is your classroom?
25. Why do students like you as a teacher?
26. When and why might students get frustrated with you as a teacher?
27. What part of your outside-school life did you share with your students this school year?
28. Did you volunteer for any extra roles this school year? How did these opportunities make you feel?
29. Did you mentor or help another teacher at any time this school year?
30. What is your greatest concern for your students?
31. What are your dreams for your students? How did you communicate this with them?
32. Did you ever eat lunch with a student this school year?
33. Did you make any positive phone calls to parents this school year? How did those go?
34. Thinking about your list of "Things to Do" each week - what's one thing that never gets done week after week?
35. How did technology click for you this school year? What was your greatest tech challenge this year? What was your proudest tech accomplishment this school year?
36. On average, what time did you arrive and what time did you leave school each day?
37. If you had a teaching dilemma and needed help before the next day with students, whom would you call upon first?
38. Finish this sentence: I teach because _____ _
39. If you could speak to your governor for five minutes, what two things about teaching would you bring to his/her attention?
40. What's your favorite way to re-energize and recharge?

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1.

- Skim all the questions - there are too many provided - on purpose!
- Pick only 10 that resonate most with you.
- Write down your first-thoughts - don't judge or evaluate.
- Sign and date.
- Put these Notes to Self in your home-office desk or teacher book bag for safe-keeping and easy access.

2.

After the initial reflection, comes an important commitment to seek inspiration and refreshment!

Put your teacher brain on pause and turn your intentions to focus on friends, family, and yourself. This shift in attention is the key to professional and personal success - **DO NOT skip this!**

3.

In August when your trusty teacher alarm starts ringing and your mind starts racing, return to your reflections and finish the following steps:

- Review your Notes to Self
- Circle 2-3 responses that still generate intense feelings
- Create 1-3 new, specific goals for the next school year.

SIDE NOTES TO CONSIDER

- Invest in a new notebook to keep these Notes to Self and fill it with reflections from year to year.
- Create a computer file - google document you can save forever and keep adding your annual Notes to Self.
- Cross-reference years before/after each reflection - see if any patterns emerge.
- Remember, your best goals will be most relevant and important to you:
 - instruction
 - classroom management
 - self-care
 - collaboration
 - organization and environment professional development