

The Reflective Journal

Questioning
Problem Solving
Evaluating
Analyzing

Your reflective journal gives you an opportunity to strengthen your learning through introspection and self-analysis

Suggestions for Reflection:

1. Your successes/failures/struggles in the classroom.
2. Your discussions with your supervisors.
3. Perceptions about individual incidents or students (first names only please).
4. Reactions and questions regarding: observations, school activities, and relationships with colleagues.
5. Evaluations of materials or techniques you have used.

Questions for Consideration:





1. To what degree have you met your goals for the week?
Your long term goals?
2. Describe a stressful or challenging event. Why was it stressful? What did you do to alleviate the stress?
3. What long-term evidence do you have that students are learning?
4. What are you doing to provide a caring, inviting and exciting place for learning?
5. How is your management style helping/hindering the classroom environment?
6. What are you doing to communicate with the parents of your students?

7. In what ways are you using the INTASC standards as a guide for improvement?
8. Analyze your professional demeanor. How well do you work with others? In what areas could you improve?

REMEMBER!

Support your opinions,
suggest possible solutions or alternatives and problem solve.

Journals are **NOT** for:

-  Logging your activities
-  Judging others or
-  Complaining without problem solving!
-  **Quality is more important than quantity**