

# The Inner Person of the Teacher

*Exploring the importance of self reflection for meaningful and effective teaching.*

“Teaching holds a mirror to the soul. If I am willing to look in that mirror and not run from what I see, I have a chance to gain self-knowledge- and knowing myself is as crucial to good teaching as knowing my students and my subject”(Palmer, 1998, p. 2, The Courage to Teach).

## The Teacher In Me

**Self reflection is foundational to growing professionally, psychologically and in social spheres.**

**As an educator, the teacher needs to engage in self reflection at every phase of teaching from acknowledging one’s strengths and weaknesses to knowing and understanding the scope of the task at hand.**

I. Likes and dislikes about yourself (be honest with yourself)

***i) List a few attributes/things you seem to like about yourself.***

*Example: I like that I can analyse situations as a deep thinker. I like that I enjoy the company of new people as I am interested in meeting people from various social cultural backgrounds.*

***ii) List a few attributes/things you do not seem to like about yourself.***

*Example: I do not like that when I take a walk , I walk slowly. I do not seem to like that I can be quick to judge other people’s actions.*

***“Your word is a lamp to guide my feet and a light for my path” (Psalm 119:105).***

## Your turn:

- I. Likes and dislikes about yourself (be honest and kind with yourself)

***What you like (what can you lean into?):***

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***What you dislike (what can you improve in?):***

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## II. Areas of strength in teaching (be honest with yourself)

### ***i) What do you enjoy and do well in regards to teaching?***

*Example: I enjoy engaging my students and watch them respond to my questions with interest.*

### ***ii) What things do peers/others say you are capable of doing well in teaching?***

*Example: I have been given credit for implementing creative ways of getting students attention and helping them to be interested in learning.*

### ***iii) What personal life experience(s) help you connect with teaching? Any acts of compassion you can recall?***

*Example: The care and love that I received from an outstanding Christian teacher in my early primary school years.*

*My father was a good listener and guided me in acquiring knowledge about some practical daily life things.*

**Your turn:**

II.Areas of strength in teaching (be honest with yourself)

***What are your teaching strengths?***

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***What are teaching strengths others have noticed in you?***

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**Your turn:**

**II. Areas of strength in teaching (be honest with yourself) cont.**

***What is a core memory, personal moment in your history that inspires you to teach?***

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### III. Your professional desires/aspirations (be forward looking)

**List a few teaching goals that you have, to enhance your teaching career.**

#### **Examples:**

1. I want to be more creative in planning instructions for my teaching through diverse teaching methods.
2. I would like to integrate diversified assessment strategies into my lesson plan.
3. I am interested in managing my time in the classroom to allow for one-to-one interactions with my students at least once a week.

#### **Your turn:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ***How do you intend to achieve some of the teaching goals?***

Example:

- I would like to explore the integration of teacher, learner and content focus methods.
- I am going to look into formative assessment for engaging students' knowledge of content over a period of time. It could be for learning, evidence, feedback and motivation for active learners (e.g. open-ended questions, feedback form portfolio etc.)
- I will add extra time in each lesson plan to make room for adjustments. I can use my extra time in some of the days to talk with a few student individually while others are on extra activity worksheets/ silent reading time. (See my action research on silent reading as an effective classroom transition.)

