How Do You Thrive?

Reflective Practice Series #4

Welcome to the fourth installment of our reflective practice series. This series gives you a variety of ways to become more of a reflective practitioner. The questions and exercises are accessible and quick to start working on, but have the depth, should you choose, to engage you for considerable time.

Question: Think about a time when you were at your absolute best as a teacher. What were you doing, who were you doing it with, and where were you doing it?

Be very explicit with your answers. Try to fill at least two sheets with information.

Thinking: How can you create more situations where you are doing your best? Consider your next courses; what can you do to put yourself in a position where you can spend more time doing your absolute best? Again, be very explicit – plan very carefully.

Action: What 1 or 2 things can you do, right now, to put yourself into situations where you can do your best the next time you teach? What 1 or 2 additional things will you do the next time you teach (and how will you remember to do them)? Concentrate first on what you can control yourself. Move later to those things that require work with others, or decisions of others.

Thanks for your interest! Have a great break!
Also available!

Teaching
A series of practical and innovative teaching tips for college faculty

The Top 10…

No. 1 – The All-Important First Day of Class
No. 2 – Ways to Make Your Teaching Life Easier
No. 3 – The Crucial Second and Third Classes
No. 4 – Ways to Show Students that You Respect Them
No. 5 – Promote Effective Student Study Skills
No. 6 – Components of a Well-Planned Class
No. 7 – Observe Your Teaching Tendencies
No. 8 – Ways to Keep Your Students Learning
No. 9 – Ways to Get Feedback on Teaching from Students
No. 10 – Using Short Writing to Assess Learning
No. 11 – Getting More (and Better) Student Questions
No. 12 – Mixing Things up Mid-Semester
No. 13 – Engaging Different Input Preferences
No. 14 – Helping Students Stay the Journey
No. 15 – Ways to End Your Course
No. 16 – Resources for Learning and Teaching
No. 17 – Create a Memorable AND Functional Syllabus
No. 18 – Ways to Build Your Students’ Self-Efficacy
No. 19 – Practical Study Tips to Share with Your Students
No. 20 – Laddering Thinking Skills
No. 21 – Learning Based Ways to End Lessons
No. 22 – Ways and Reasons to Be Vulnerable While Teaching
No. 23 – Using Student Groups
No. 24 – Components of a Complete Learning Experience
No. 25 – Ways to Use Visuals for Learning
No. 26 – Students’ Locus of Control
No. 27 – Help Students with Rigorous Writing Assignments
No. 28 – Ways to Shake Up Your Teaching
No. 29 – Teaching to Inspire
No. 30 – Paths to Mindfulness

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