

The Gut-Level Teacher Reflection

These five questions can help you listen to your gut and uncover problem areas in your teaching. Under each question, space is provided for you to take notes on things that give you positive feelings (+), negative feelings (—), and mixed or unclear feelings (?).

1. Look around your classroom (or picture it in your mind). What parts of the room make you feel tense, anxious, or exhausted? What parts make you feel calm, happy or proud?		
+	—	?
2. Open up your plan book and just start browsing, paying attention to how you're feeling as your eyes meet certain events. What days and weeks give you a lift when you see them, a feeling of pride or satisfaction? Which ones make you feel disappointed, irritated or embarrassed?		
+	—	?

3. Take a look at your **student** roster. What do you feel when you look at each name? Which names make you feel relaxed, satisfied and proud, which ones make your chest tighten with regret, and which ones make your stomach tense?

+	-	?

4. Mentally travel from classroom to classroom, picturing each teacher in the building. What are your feelings as you approach each one? Which **co-workers** give you a generally positive feeling, which ones are neutral, and which ones make you feel nervous, angry, or annoyed?

+	-	?

5. Look at the **professional practice** “buzzwords” in the left-hand column. As you read each one, do you have a positive, negative, or mixed feeling? Two blank spaces have been left for you to add your own “buzzwords” or terms that have impacted your work.

	+	-	?
technology			
differentiation			
data			
research-based strategies			
Common Core			
higher-level thinking			
flip			

Priorities and Action Plan: For each of the five areas above identify one or two priorities for change. They may be positives into which you want to put more energy, negatives you want to correct, or ambiguities that need more investigation. Then, jot down a concrete plan to address each priority.

	Priorities	Action Plan
Area 1: Classroom		
Area 2: Planning		
Area 3: Students		
Area 4: Co-workers		
Area 5: Professional Practice		