

Teacher Renewal Through Core Reflection

*CASTA Conference**July 11, 2016*

Dr. Margaret Berg

Associate Professor of Music Education

University of Colorado Boulder

Margaret.Berg@colorado.edu

While being a school or studio teacher requires commitment, sometimes the pace and interpersonal aspects of teaching can lead us to question the purpose of our work. This interactive session is designed to provide strategies that will help you identify professional and personal priorities; implement specific lifestyle and occupation-related changes; and create personal musicianship growth goals. Also, we will attend to music teachers' need for renewal by identifying core qualities through core reflection.

1. Introduction

- Being a performing arts educator: A blessing (and a curse??)
- ~~Work/Life Balance~~....Personal/Professional Satisfaction
- Activity: *Off Balance Priority Exercise Worksheet*

Notes

2. Develop Wellbeing

- Nurturing your wellbeing = decreased stress ---improved instruction and relationships
- *Teacher Wellness Inventory* [Saenz]
 - Occupational, emotional, financial, spiritual, physical areas
 - Change Organizer: setting priorities and an action

Notes

3. Creating a Schedule

- (big and little) performance and PD goals
- Strategic scheduling (plan for the important, but not urgent)
- Performance opportunities and networking

Notes

4. Core Reflection

- What are your core qualities?
- Applying core qualities in difficult situations

Notes

5. Closing Thoughts

- Creating realistic expectations based on career stage
- Professional development opportunities
- Additional core qualities/reflection work
- What are your dreams? [Kelley, 2007] OR...Begin with the end in mind [Covey, 1990]
- Make a commitment: in the next week, I will _____

References

Covey, S. (1990). *The Seven Habits of Highly Effective People*. Simon Schuster.

Evelein, F. & Korthagen, F. (2015). *Practicing Core Reflection: Activities and Lessons for Teaching and Learning From Within*. New York: Routledge.

Kelley, M. (2011). *Off Balance: Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction*. Hudson Street Press.

- Priority exercise worksheet:
http://floydconsulting.com/documents/2014/7/OffBalance_Priority_Exercise_Worksheet-2.pdf
- Work/life balance (personal-professional satisfaction) score:
<http://floydconsulting.com/offbalance>

Kelley, M. (2007). *The Dream Manager*. Hachette Books.

Pausch, R. (2007). Lecture on Time Management:

- <http://www.youtube.com/watch?v=oTugjssqOT0&feature=related>

Sainz, A.L. (2012). *The Power of a Teacher*. Peoria, AZ: Intermedia Publishing.