

Reflective Practice

Linking Effectiveness to Inquiry, Reflection, and Continuous Professional Growth

2018 Colorado Music Educators Association Conference
Thursday, January 25, 2018 at 4:00-4:45 PM
Colorado Hall F

Write down a professional goal that you have set for yourself this year.

If you haven't, come up with one right now that you can work toward for the remainder of the year.

- Why did you choose this as your goal? Is it specific to your school?

Your program? A specific class?

- Have you achieved the goal? Or, how will you work to achieve it?

- Who (if anyone) can help you achieve your goal?

- How does this compare to other professional goals of the past

Write down a personal goal that you have set for yourself this year.

If you haven't, come up with one right now that you can work toward for the remainder of the year. (It DOESN'T have to relate to teaching!)

- Why did you choose this as your goal? Is it specific to your health?

Your social life? Time management? Finances?

- Have you achieved the goal? Or, how will you work to achieve it?

- Who (if anyone) can help you achieve your goal?

- How does this compare to other personal goals of the past?

More Considerations and Self-Care

- How do you usually spend your planning time?

- Do you sometimes spend lots of time in a gab-fest?
Catching-up with a colleague?

- What do you do during the school day to calm/relax/stay focused, etc?

- Do you take things home to grade?

- How much time do you spend on school/work email?

- Do you set a auto-reply on your email during breaks?
Do you work during breaks?

- Do you keep up with your appointments (dentist, doctor, massage) on time?

- What is one habit you have (“good” or “bad”) that you refuse to give up?

- Do you engage in workplace rumors or gossip?

- Do you have a dedicated 'office hours' or weekly 'help session' dedicated to students?

- Do you often work through lunch time?

- What is something you've always wanted to try with your class(es) but just haven't yet?

- What EXCITES you about teaching?

- Do you often meet deadlines early, late, or on time?

- What are some tasks that you could solicit the help of a student or colleague?

- Do you model musical concepts for your students? How?
Do you use students as models?

- How often do you read articles from teaching periodicals?

- How often do you write articles for a teaching periodical or newsletter?

- How often do you write in a journal to reflect on an event or a day?

- How often do you listen to music for enjoyment?

- How often do you study scores or other texts?

- Do you 'take your work home with you' in an emotional sense?

- Why do you attend professional conferences?

- What relaxes you? How often do you engage in this behavior or activity?

- What do you do for your inner musician? Your performer's soul?

Do you perform?

- How often do you make time to nurture important relationships in your life?

Improving takes time but can feel good!

Only worry about one goal or improvement at a time.

Try to set aside time each week to reflect for an hour (+/-).

Set attainable goals.

Any small step you can take towards being more effective will feel rewarding.