

Instructor Self-Reflection Questionnaire

Please take 20 minutes immediately after you have taught a Roots of Empathy class to use this Self-Reflection Questionnaire. This is a self assessment tool to help you reflect on specific examples of how you are meeting Roots of Empathy goals and also to help you prepare for your Mentor Classroom Visit. You will not be handing it into your Mentor.

DATE:

CLASS:

THEME:

LESSON:

Preparation

What strategies did I use to ensure all my teaching materials, handouts, camera etc. were ready?

How did I prepare the students, teacher and parent for the visit?

Content Presentation

How did I make connections to and follow up on the previous visit?

How effectively was I able to flow from one activity to another? Did I stick to the lesson plan?

If I used a book, how effective was I in introducing and reading it, and in using the book as a springboard for the theme?

How effectively did I give directions for activities?

Class Management

What kinds of inclusive and non-threatening strategies did I use that were successful in managing the class?

Teacher Involvement

What strategies were successful in engaging the teacher?

Was I able to talk with the teacher both before and after class about details of the lesson and any challenges? How do I handle challenges with teacher when they arise?

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Communication

How did I create opportunities for the students to formulate their own questions and offer observations/comments? Were my questions and comments open-ended and inviting?

Did I respond to students who want to contribute in a non-judgmental (without praise) manner? How often was I able to personalize a conversation and build on their responses to further the discussion?

Core Values

EMPATHY – How did I encourage perspective-taking and caring for others?

EMOTIONAL LITERACY – When did I help students to acknowledge, identify and discuss feelings?

INCLUSION – Was I able to celebrate the diversity in the classroom including culture, temperament, and learning styles?

Family Visit

How did I use infant exercises, toys, songs, rhymes and games to demonstrate infant development, temperament, and neuroscience?

In what ways did I get the parent involved to capitalize on interactions between parent and baby?

How was I able to read the baby's cues and follow the baby's lead?

Goals

What is one goal I am working on for future lessons? How can the mentor help me achieve this goal?