

Reflective Journal



**Collaborate**

4

**Adapt**

5

5 tips to start self-reflecting



1

Set your short and long term **intentions**



2

**Plan** your self-reflection in advance



3

**Ask** the right questions while you are reflecting:

What do I notice? Why does that matter?

What went well & can be improved on?

What difference was made to how my students learn?

W

T

M



Was the lesson too easy or too difficult for the students? What problems did I have?

What went well in today’s lesson?

What do I notice? Why does it matter?

WEEKLY GOALS

To review at least four lessons and reflect on them…

TO DO LIST

T

F

Were students on task? Which part of the lesson did the students seem more/less engaged

Did the tasks keep the students engaged in the lesson? What material did we use to work the lesson, were there any resources missing?

WEEKLY REFLECTION:

After reviewing four lessons on the platform I have realized that the Y7 students sitting on the back of the classroom were more distracted than usual, therefore, I think I should create more interactive lessons to make everyone feel part of the classroom…

Notes