

# Reflective Journal



## 5 tips to start self-reflecting



1

Set your short and long term goals



2

Plan your self-reflection in advance



3

Ask the right questions while you are reflecting:

- What went well?
- What can be improved on the next lesson?
- What were the students reactions on each situation?



4

Ask for feedback



5

Adapt your strategy with those new changes

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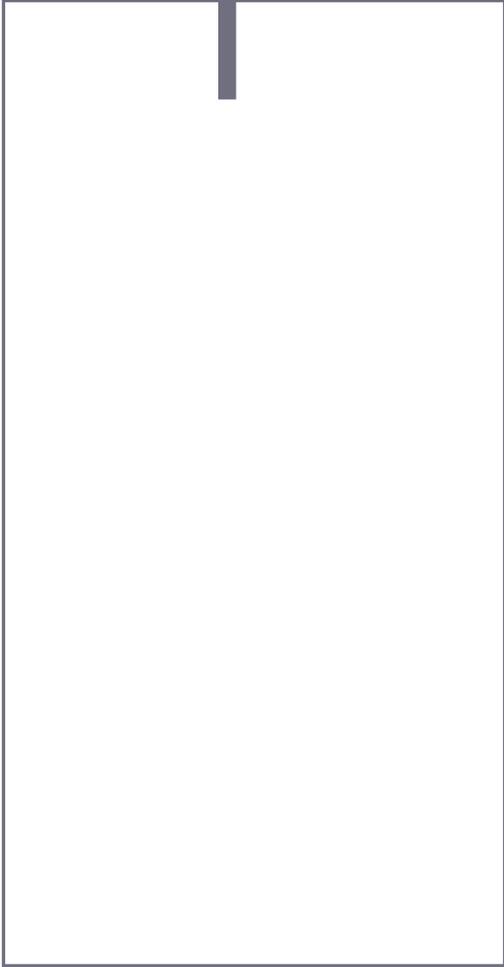
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WEEKLY GOALS

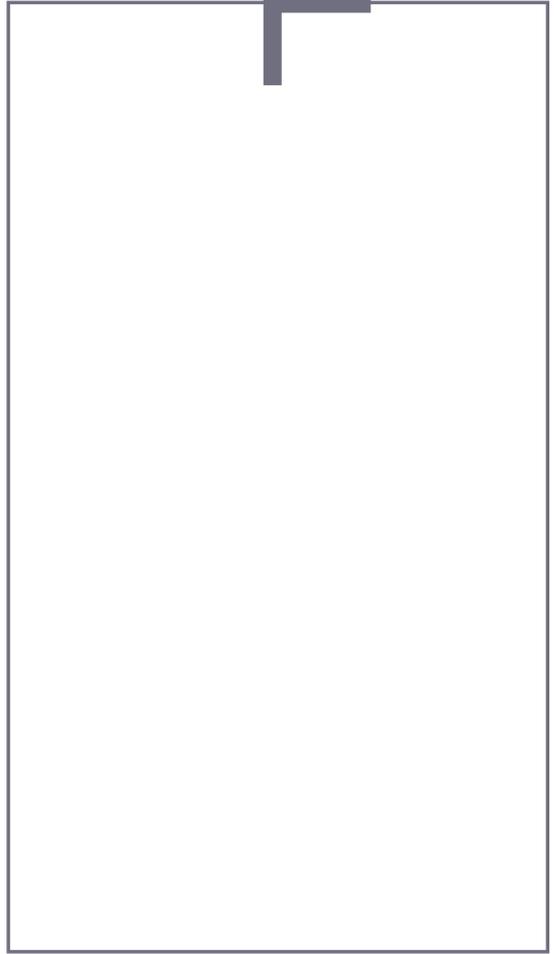
TO DO LIST

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WEEKLY REFLECTION:



# Notes

