Phases of 1st Year Teaching: Survival

The first month of school is very overwhelming for new teachers. You are learning a lot and at a very rapid pace. You are instantly bombarded with a variety of problems and situations that you had not anticipated. Despite your college prep programs or internships, you might be caught off guard by the realities of all your teaching responsibilities.

During the survival phase, it is normal to feel like you are struggling to keep your head above water. You might become focused and consumed with the day-to-day routines of teaching. There is little time to stop and reflect on your experiences. It is not uncommon for new teachers to spend up to seventy hours a week on schoolwork.
101 Ways to Deal with Stress

• Do one task at a time
• Read a poem or a good book.

Focus on ‘get to’ vs ‘have to’. Each day focus on what you get to do and not what you have to do. Life is a gift, not an obligation.

Special Education Procedures Manual:
This is your “go to” for answers to ALL IEP questions. Please remember to refer to this.

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Six Month Review

Six month reviews are done for any student receiving special education services under the age of six. A six month review is a meeting with the parents to review the progress that their child is making towards their goals and objectives. The six month review is held six months after the annual IEP is held. The case manager needs to send an invitation to the meeting (SES12) and written notice (SES14)

If the case manager anticipates that changes will need to be made, then the sixth month review is held just as any other IEP meeting and required team members must attend. If changes are not anticipated, but during the meeting it is determined that changes to the IEP are needed, a revision to the IEP is held and required IEP team members must be gathered. If it is not possible to get a team together at that time, then the meeting must be rescheduled. Clear documentation must be present on the status log to document what transpired.

Parent Notification of Eligibility/IEP Team Meeting - SES 12 (to be completed on Easy IEP)
Parental Prior Written Notice - SES 14 (to be completed on Easy IEP).