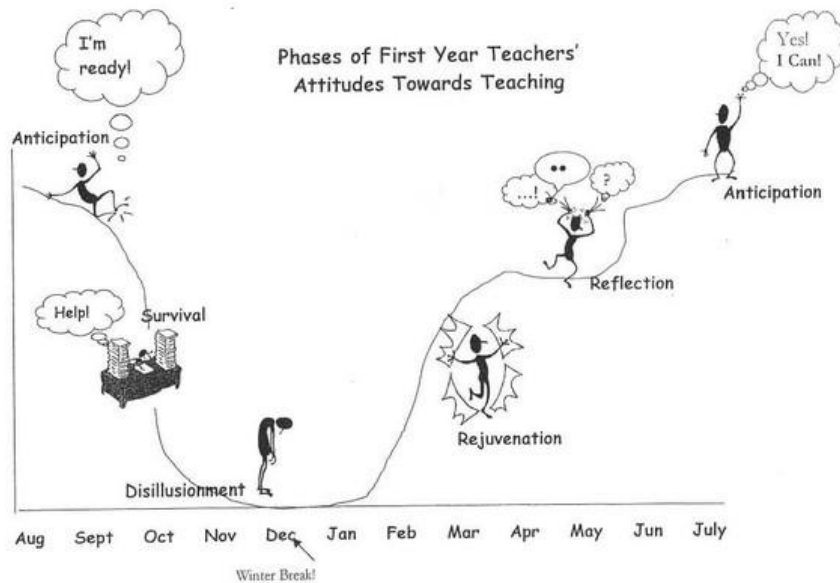


Mentor Minutes

December 2018

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character- that is the goal of true education."

-Martin Luther King, Jr.



The Disillusionment Phase

Between holiday concerts and grades, finding perfect presents, and the rush to fit in required lessons, the weeks just before the Winter Break can seem more like a season of stress than a season of holiday cheer. Hold on a little longer, your exhausting first months of teaching are almost behind you, and the upcoming holiday break will be rejuvenating.

After weeks of nonstop work and stress, it is normal to find yourself in the disillusionment phase. Your extensive time commitment, the realization that things are probably not going as smoothly as you want and possible low morale contribute to this period of disenchantment.

At this point, the accumulated stress of being a first-year teacher, coupled with months of excessive time allotted to teaching, often brings complaints from family members and friends. Many new teachers also get sick during this phase.

This is a very difficult and challenging phase, you may express self-doubt, have lower self-esteem and question your professional

Reflecting On Your Instruction

Congratulations! Your second formal observation should be completed before winter break.

An integral part of teaching is reflecting on your own instruction and using this reflection to improve your future instruction.

Here are some questions to ask yourself as you reflect. Your evaluator might have asked some of these questions too:

-How did your lessons compare to your planning?

-Did you alter any plans? If so, what caused you to do so? What was the impact on students?

-What is your evidence/data that students were engaged and learned what you intended?

-Were there students who had difficulty? If so, what follow-up did or will you provide?

-If you could teach this lesson again, what might you do differently? Why?

Please talk with your mentor about possible artifacts to upload into MyPGS.

commitment and competence. This is completely normal, in fact, getting through this phase may be the toughest challenge you face as a new teacher.

There is good news however, this phase is coming to an end!

Here are some tips to keep you focused and to help you keep your sanity during this final stretch:

- 1.) Know procedures/expectations for holiday celebrations.
- 2.) Make a to-do list of all the things that need to be accomplished before break.
- 3.) Prioritize your to-do list. **Completing IEP progress reports and Report Card grades** should be at the top of the list.
- 4.) Schedule time to accomplish tasks. Some of you may have 12/21 as a teacher work day, however do not wait until Friday to tackle some items on your to-do list.
- 5.) Before you leave for break, prep your room (and lesson plans, if time) for when you return in January. If you feel the need to come in over the break, make sure to know hours the school is open and accessible to staff.
- 6.) Enjoy your break! Spend time with friends and family. Take some time to do things you enjoy! You've worked hard and have earned your time off.

It's That Time! **New Teacher Academy Classes**
Do you understand what is required? Have you signed up?
Click the link below for a list of classes
[New Teacher Academy Special Education](#)

Remember to take care of yourself: Please read the attached **[8 Tips to a Stress Free Holiday Season](#)** article.

OSS/Sped News:

- The Deputy Weekly email has important information for special education teachers. Please make time to read EVERYTHING from the **Department of Compliance and Office of Student Services**. If you have never seen this weekly email, please ask your administrator to share them with you or how you can get access. I have attached information that came out this week.

Check it out:

Books read aloud: Epic Books <https://getepic.com>

Editable Social Stories and More: <https://www.thewatsoninstitute.org/resources/behavior-stories/>

Behavior Resources: <http://www.pbisworld.com/>

Newsela: <https://newsela.com> This site has FREE nonfiction literacy and current event articles. You can differentiate the difficulty of the article by changing the Lexile level. This would be a great way to supplement and differentiate for general education social studies or science curriculum.

Readworks: <http://www.readworks.org> free reading resource materials to supplement