

## Self-Reflection

**Key Question:** What can you learn by completing a reflection on a lesson?

**Directions:** One powerful activity at this time of year is to look at your practice in a formal way. When you systematically take time to reflect on your practice, you may begin to see what is working and how to modify your instruction. Select one lesson to assess in depth. Schedule a time to review your reflections with your mentor.

Lesson Title: \_\_\_\_\_ Date \_\_\_\_\_

1. Did the students learn from my lesson? Were they actively engaged?  
How do I know?
2. How closely did I follow my lesson plan? Did I have to modify during the lesson? Why?
3. What do I think was the most effective part of the lesson?
4. Were the materials/visuals/aids appropriate? Why? Why not?
5. What would I change/keep the same the next time I do this lesson?
6. What do I see as my teaching strengths?
7. What are my next steps?
8. What have I learned about my teaching practice by doing this lesson's reflection?