

HOW TO GET THE MOST OUT OF WATCHING YOUR VIDEO

Goal

Identify two sections of the video that you like and one or two sections of video you'd like to further explore.

Getting Ready

Watching yourself on video is one of the most powerful strategies professionals can use to improve. However, it can be a challenge. It takes a little time to get used to seeing yourself on screen, so be prepared for a bit of a shock. After a little time, you will become more comfortable with the process.

- Find a place to watch where you won't be distracted.
- Review the Watch Yourself and Watch Your Student forms to remind yourself of things to keep in mind while watching.
- Set aside a block of time so you can watch the video uninterrupted.
- Make sure you've got a pen and paper ready to take notes.

Watching the Video

- Plan to watch the entire video at one sitting.
- Take notes on anything that catches your attention.
- Be certain to write the time from the video beside any note you make so that you can return to it should you wish to.
- People have a tendency to be too hard on themselves, so be sure to also watch for things you like.
- After watching the video, review your notes and circle the items you will discuss with your coach (two you like, and one or two you would like to explore further).
- Sit back, relax, and enjoy the experience.



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WATCH YOUR STUDENTS

Date: _____

After watching the video of today's class, please rate how close the behavior of your students is to your goal for an ideal class in the following areas:

	NOT CLOSE					RIGHT ON	
Students were engaged in learning (at least 90% engagement is recommended).	1	2	3	4	5	6	7
Students interacted respectfully.	1	2	3	4	5	6	7
Students talked about learning an appropriate amount of time.	1	2	3	4	5	6	7
Students rarely interrupted each other.	1	2	3	4	5	6	7
Students engaged in high-level conversation.	1	2	3	4	5	6	7
Students clearly understand how well they are progressing (or not).	1	2	3	4	5	6	7
Students are interested in learning activities in the class.	1	2	3	4	5	6	7

Comments:



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WATCH YOURSELF

Date: _____

After watching the video of today's class, please rate how close your instruction is to your ideal in the following areas:

	NOT CLOSE					RIGHT ON	
My praise to correction ratio is at least a 3-to-1 ratio.	1	2	3	4	5	6	7
I clearly explained expectations prior to each activity.	1	2	3	4	5	6	7
My corrections are calm, consistent, immediate, and planned in advance.	1	2	3	4	5	6	7
There was very little wasted time during the lesson.	1	2	3	4	5	6	7
My questions are appropriate for the learning occurring.	1	2	3	4	5	6	7
My learning structures (stories, cooperative learning, thinking devices, experiential learning) were effective.	1	2	3	4	5	6	7
I used a variety of learning structures effectively.	1	2	3	4	5	6	7
I clearly understand what my students know and don't know.	1	2	3	4	5	6	7

Comments:



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