

TEACHER EDUCATION CANDIDATES

Use this book as a reflective process in any teacher preparation course or during the practicum experience. The purpose is to encourage candidates to be proactive in their thinking about the realities of teaching while using an inspirational format.

The goals for reading the book include (a) revealing inner wisdom through stories that relate to a pre-service teacher's journey into teaching, (b) an introduction to mindful practices to use in student teaching, and (c) an introduction to inspiring leaders and influential authors to ground teacher candidates' knowledge.

Invite the student teachers to read the book in sections. Limit the group size to five to eight teachers so there is an opportunity for everyone to share virtually or in person. One student teacher can facilitate the group and serve as the time keeper.

CLASS 1: READ THE PREFACE, INTRODUCTION, AND SECTION I

Write: List three important ideas that stand out to you, and share them in your group.

Create your Circle of Mentors (Section 1, page 11). Why are you selecting these people to support you?

Summarize: The group leader summarizes the key ideas from the discussion.

CLASS 2: READ LESSON 1 AND LISTEN TO THE PODCAST

Write your story: Read the My Story reflection prompts and write your responses.

Discuss the podcast and how it relates to anyone in the group.

Reflect: What did you learn about your classmates that you didn't already know?

CLASS 3: READ AT LEAST TWO OTHER LESSONS OF YOUR CHOICE

Share the two lessons you selected and why they stood out to you as important.

Discuss the Mindful Living Actions in any of the lessons shared.

Commit to practicing at least one action to promote your balance and well-being.

Reflect: Why is it important to focus on your social-emotional health as you enter teaching?

CLASS 4: READ SECTION III, REVIEW SECTION I, AND LISTEN TO ONE PODCAST

Share your intention for your teaching journey (page 10 refers to intention).

Discuss Inspired Leaders' podcasts.

Reflect: What are your responses to the Three Questions (page 10).

Summarize: What did you learn?

CLASS 5: READ INFLUENTIAL AUTHORS AND BOOKS (ALL LESSONS)

Discuss which two authors stand out as interesting to you. Why?

Read author bios in the Resources and share what you learned. Any surprises?

Optional Homework: Read one book from the Top 20 List.

Final Reflection: How has *Teaching With Light* helped you understand and prepare for becoming a teacher?