

TRAINING COURSE FOR 21ST CENTURY SOFT SKILLS

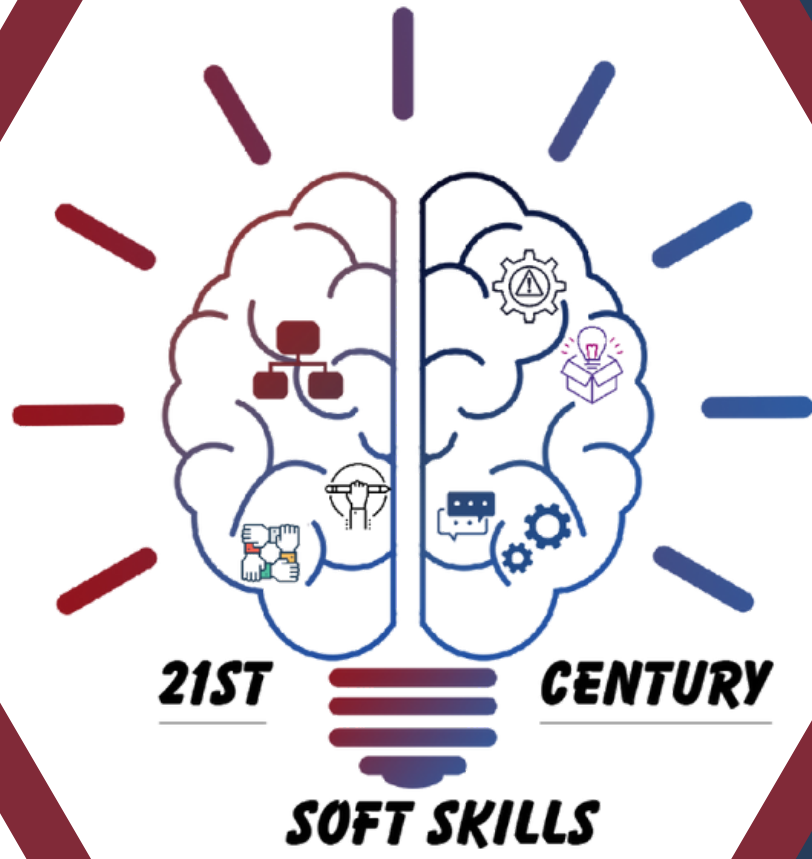
No. 2020-1-LV01-KA202-077561



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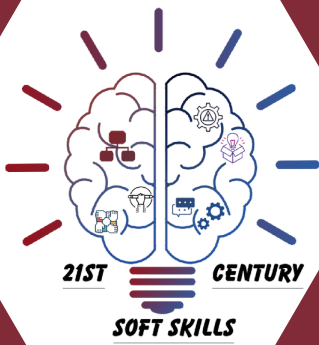
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 **International
Academy
Tenerife**

Self reflection

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Self reflection

Introduction

How many times have we heard something like this?

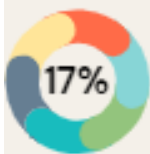
"If a child can't learn the way we teach maybe we should teach the way they learn"

Example:

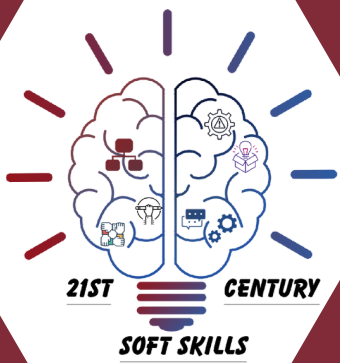
A teacher with many years of experience, famous for his serious temperament, gives a test that is passed by 4 students out of 24 in the class.

What would you do as a teacher?

Empirical Analysis



- Teacher only uses analytical skills
- Only relies on his own experience
- Never reviews his lessons
- Police-like environment in class



How to solve this lack of success?

It is necessary to analyze the causes that give rise to the error and its consequences, on both a personal and a social level.

Let's do some self-reflection magic!

Get to know yourself

Every person is unique and so you are. You have lived many things that make you special so you need to know your strong and weak points.

Engage your students

We get it, some of the times it's difficult but show them what you like and how you learned it.

Analyze what you see

After every lesson write down how it was. What worked and what didn't. What outcomes you got and what could you improve.

How to self reflect?

Tip! Write down 10 bad and 10 good things about yourself. Be honest.

Step 1: Reflection

Connecting **self-reflection** to **effective teaching** is a process that requires experience and deeper understanding into what we want to achieve

Tip! Journaling > a diary to keep track of your lessons

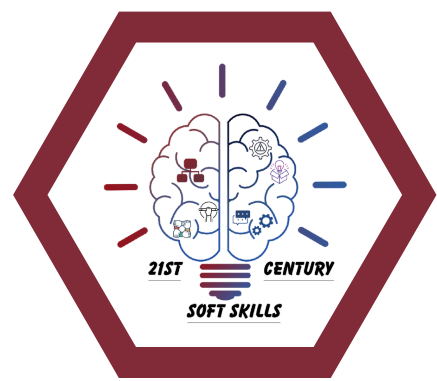
Tip! Record yourself > With these videos you will see clearly how you express yourself

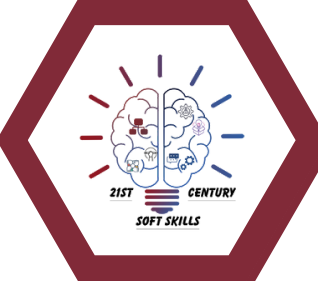
Tip! Student observation > You will understand from a learner's point of view how your class is developing

Tip! Peer observation > It will give you a professional point of view

WE DON'T
SEE THINGS
AS THEY ARE,
WE SEE THEM
AS WE ARE.

-Anais Nin





Step 2: Ask yourself

The following questions are some examples of what you can ask yourself to gain a deeper insight into what we really want to explore:

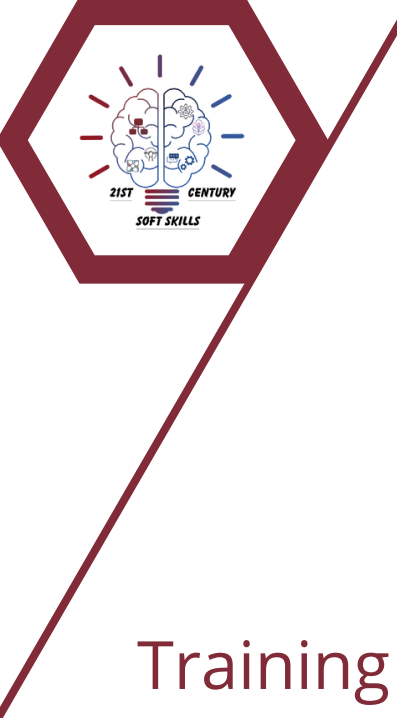
- **Am I teaching in the right way?**
- **Am I learning from my mistakes?**
- **Do I do everything in my hand every day?**
- **What is my work plan?**
- **Do I really believe I can do this?**

To self-reflect is to look inside yourself and deal with who you are. No one is perfect and will ever be, the most important thing is to keep doing your best and keep evolving into the better person than you want to achieve.

Have you ever asked yourself, how to develop critical and creative thinking?

The following are six steps from Neil Thompson's book, called "**People Skills**". If we start doing these simple tasks we will start learning the meaning of Self- Reflection

- **Reading:** read literature about what you want to learn and develop your knowledge.
- **Ask others** how they are doing "it" and why they do "it"
- **Observe** :what is happening around you; world's feedback.
- **Feelings** :be aware of your feelings, what drives them and how you deal with negative thoughts/emotions.
- **Communication** :Share your views and experiences with others in the same organisation.
- **Contemplate** :Learn to value the time spent on evaluating the work you do.



Step 3: Training Scenario

Are you a teacher who is always looking for a way to get better at leading your lessons and inspiring your students to find their untapped potential?

Even if this is not the case, self-growth is inevitable. If we let ourselves stagnate, we will become boring and rigid

Training

For this activity, you will have to **examine what is the most important element** you have to work on with yourself. Try to think about something you **have been stuck on for some time** now and deal with it by breaking it to smaller parts.

Example: communication skills

How can I get better at communicating than I'm currently doing?

I need to practise more and more and every time, analyse what field I need to improve in.

How will I know if I'm lacking in something?

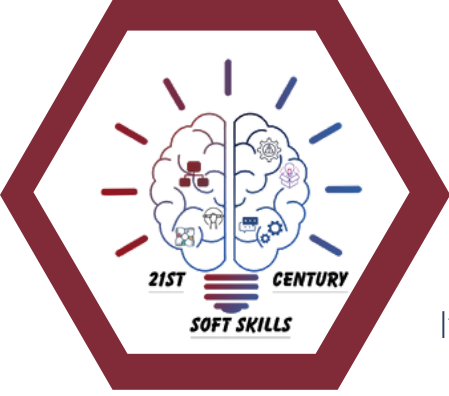
I will feel it depending on the feedback of the classroom. If I am an aware person, It will be natural.

If I realise that something isn't working, how will I know what will?

I have to know the classroom. Every student is different and each one has different needs. So, at least in a general way, I need to recognise their overall abilities.

How can I approach the solution?

After a general analysis and understanding of the problem, I must search a solution that is close to my way of teaching, thus forging my character as an educator. If still doesn't work, a strategic plan must be created in order to avoid stagnation and reach a solution



Let you students help you!

It's useful to divide the survey into sections just like you did in your journal. That will help you to easily **compare your observations with those of your students.**

It is advised to always work on **one area only.**

You can play them on **Kahoot** and earn extra points with your students!

Quick Recap

With self-reflection you get the insight into what characteristics you want to change/grow. To achieve that, you need to dig deep into a problem or a block that you have and try to look at it from a different perspective.

Sometimes the beliefs you have start dragging you down, so looking inwards and reflecting on can help you achieve what your really want.

What works with me maybe won't work with you, every person and every environment is a completely different universe, that's why you need to find your own path!

Magical tools

16 personalities test

www.16personalities.com

Kahoot

www.kahoot.com

Soft skill courses

www.classcentral.com

Our platform

www.softskills.erasmusplustenerife.com

How to incentivize teachers to self-reflect?

Self-reflection can be very useful to identify behaviours that might need to be improved, but also to identify early sign of decaying mental health, such as first stages of burnout.

Teacher burnout syndrome

Teacher burnout syndrome has become quite a common phenomenon these days. This reality can be frightening, am I going to be the next suffering from burnout?

Symptoms:

Low self-fulfillment

Physical and emotional exhaustion

Role conflict/role ambiguity

Problems with students





Self-reflection is a valuable tool to tackle poor mental health issues. **How? Remember the test you filled before?** If we are lacking of something we cannot offer a good quality teaching so we need to improve those fields in what we think we need to change

Let's see how to solve it!

New roles

New roles means new goals and new incentives

Less workload

Less workload means less things to worry about

Breaktime

Maybe is time for some holidays?

Flexible schedule

Flexible schedule means more free time

Then what?

If we feel fulfilled and comfortable with the way we live, we will be able to give our best in class.

Teaching is a field that is constantly being updated, so we must keep our techniques up to date in order to keep up with the pace.

Teaching management entities can be, in part, in charge of establishing a system based on self-reflection, encouraging teachers to hold self-reflection sessions among themselves as well as setting individual and common goals to be achieved.