"If you do what you’ve always done, you’ll get what you’ve always got."
That is a saying we have all heard but sometimes don’t internalize and apply. We all recognize
the importance of setting goals to become better but we often leave out the important
companion to goal setting - REFLECTION. Reflecting on practices and events will guide us to
creating more productive goals, goals that will have a direct impact on provisional teachers,
students, and their learning.

Possible topics to reflect

- Procedures, Routines, and Transitions
- Before, during and after a lesson
- Student relationships with each other and the teacher
- Student engagement

Ideas of how to reflect

- Journaling
- Phone messages to yourself
- Blogging
- Note cards

*contact your Mentor Teacher specialist with any questions you may have:  [http://mentor.jordandistrict.org](http://mentor.jordandistrict.org)