

The Practical Professor

No. 15

Quick and easy tips, questions, and suggestions for improving teaching and learning.

How Do You Thrive?

Reflective Practice Series #4

Welcome to the fourth installment of our reflective practice series. This series gives you a variety of ways to become more of a reflective practitioner. The questions and exercises are accessible and quick to start working on, but have the depth, should you choose, to engage you for considerable time.

Question: Think about a time when you were at ***your absolute best*** as a teacher. **What** were you doing, **who** were you doing it with, and **where** were you doing it?

Be **very explicit** with your answers. Try to fill at least two sheets with information.

Thinking: How can you create more situations where you are doing your best? Consider your next courses; what can you do to put yourself in a position where you can spend more time doing ***your*** absolute best? Again, be very explicit – plan very carefully.

Action: What 1 or 2 things can you do, **right now**, to put yourself into situations where you can do your best the next time you teach? What 1 or 2 additional things will you do the next time you teach (and how will you remember to do them? Concentrate first on what you can control yourself. Move later to those things that require work with others, or decisions of others.

Thanks for your interest! Have a great break!

Also available!

Teaching

A series of practical and innovative teaching tips for college faculty

Back Issues

The Top 10...

- No. 1 – The All-Important First Day of Class
- No. 2 – Ways to Make Your Teaching Life Easier
- No. 3 – The Crucial Second and Third Classes
- No. 4 – Ways to Show Students that You Respect Them
- No. 5 – Promote Effective Student Study Skills
- No. 6 – Components of a Well-Planned Class
- No. 7 – Observe Your Teaching Tendencies
- No. 8 – Ways to Keep Your Students Learning
- No. 9 – Ways to Get Feedback on Teaching from Students
- No. 10 – Using Short Writing to Assess Learning
- No. 11 – Getting More (and Better) Student Questions
- No. 12 – Mixing Things up Mid-Semester
- No. 13 – Engaging Different Input Preferences
- No. 14 – Helping Students Stay the Journey
- No. 15 – Ways to End Your Course
- No. 16 – Resources for Learning and Teaching
- No. 17 – Create a Memorable AND Functional Syllabus
- No. 18 – Ways to Build Your Students' Self-Efficacy
- No. 19 – Practical Study Tips to Share with Your Students
- No. 20 – Laddering Thinking Skills
- No. 21 – Learning Based Ways to End Lessons
- No. 22 – Ways and Reasons to Be Vulnerable While Teaching
- No. 23 – Using Student Groups
- No. 24 – Components of a Complete Learning Experience
- No. 25 – Ways to Use Visuals for Learning
- No. 26 – Students' Locus of Control
- No. 27 – Help Students with Rigorous Writing Assignments
- No. 28 – Ways to Shake Up Your Teaching
- No. 29 – Teaching to Inspire
- No. 30 – Paths to Mindfulness

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