

Mistakes Reflection Activity

Instructions:

Think about a mistake you made in your teaching that you are comfortable sharing with a partner. Choose something that you tried but didn't work. It could be anything – an assignment that didn't turn out the way you had planned, a lesson plan that went afoul, or a teaching activity that was unpopular with your students.

STEP 1: Respond to the prompts below.

What happened?

What were the consequences?

Did you have the opportunity to correct the mistake? Explain.

STEP 2: Using the chart below, fill out the left-hand column only.

STEP 3: Share your story and your thoughts from STEPS 1 and 2 with your partner. With your partner, fill out the right-hand column of the chart below.

Write what you remember saying to yourself about the teaching mistake. Think about what you said to yourself both immediately afterward and later on. Try to be as honest as possible and give as many phrases as you can recall or that you might say in a similar situation. Use this column to identify two or three of your self-defeating statements.	How can you reframe your self-talk to be more tolerant of your mistake and reflect a growth mindset? Use this column to reframe relevant statements.