

# Ten Survival Tips from a Student Teacher

## Don't frontload content and ignore relationships.

**\*Introduce yourself to build relationships.**

## Explicate expectations for management.

- **Be prepared: get books, homework needs done before class.**
- **Participate: raise your hand; try.**
- **Follow countdown to quiet.**
- **Be proactive; ask if confused**

**\*Invite feedback on items and post so they are easily seen.**

## Don't try to cover it all.

**\*Plan backwards and center instruction on key questions.**

## Make friends with the instructional coach.

**\*Seek advice from colleagues.**

## Teach protocols for student-led learning early.

**\*Have students own learning. Socrates was right!**

**Gallery walks, Fishbowl, Student led discussions ...**

## Incorporate play.

**\*Make learning dynamic. Take stretch breaks.**

## Create rubrics for all assessments.

**\*Check the value of assessments. Give quizzes; get feedback.**

## **Avoid Uptalking.**

**\*Don't make statements sound like questions ending in a high pitch.**

## **Find curriculum planning sites; avoid the *black hole*.**

**\*Don't graze the internet – [Ten Trusted Sites for New Teachers](#)**

## **Take care of your rhomboids.**

**\*Do rhomboid-strengthening exercises or yoga.**

<http://livehealthy.chron.com/strengthening-shoulder-blades-desk-2775.html>

<http://www.besthealthmag.ca/best-you/stretching/8-stretches-you-can-do-at-your-desk/>

**There are epic highs and exhausting lows. May these tips ease an unavoidable learning curve!**

### **Reference:**

Varlas, L. (2016, December). Ten survival tips from a student teacher. *Education Update: ASCD*: 58 (12), 2 & 7. Retrieved from <http://www.ascd.org/publications/newsletters/education-update/dec16/vol58/num12/Ten-Survival-Tips-from-a-Student-Teacher.aspx>