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.*


Take care of your rhomboids.

*Do rhomboid-strengthening exercises or yoga.*


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: