

# Reflective Teaching Worksheet

### Instructions:

This worksheet is designed to guide you through the process of reflective teaching. Take some time to complete each section honestly and thoughtfully. The purpose of this exercise is to help you analyze your teaching practice, identify areas for improvement, and plan for future actions.

#### 1. Lesson/Unit Information:

Title of Lesson/Unit: \_\_\_\_\_

Date of Lesson/Unit: \_\_\_\_\_

#### 2. Goals and Objectives

What were the main goals and objectives of this lesson/unit?

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Did you achieve them? If not, what factors contributed to any deviations?

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#### 3. Instruction and Delivery

How did you plan and deliver the instruction?

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Did you use any specific teaching strategies or methods?

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Were there any moments that stood out to you as particularly effective or challenging?

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#### 4. Student Response

How did the students respond to the activities and tasks?

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Were there any signs of engagement, confusion, or disinterest?

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How did you address these responses?

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Date of Lesson/Unit: \_\_\_\_\_

**5. Learning Outcomes**

**What did the students learn from this lesson/unit?**

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**How do you know they learned it?**

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**Did they meet the intended learning outcomes?**

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**6. Challenges and Solutions**

**What challenges or difficulties did you encounter during the lesson/unit?**

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**How did you overcome them?**

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**Were there any moments when you felt unsure about your approach?**

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**7. Feedback and Adaptation**

**Did you receive any feedback from students, colleagues, or supervisors?**

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**How did you use this feedback to improve your practice?**

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**Did you make any spontaneous adjustments during the lesson/unit?**

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### Lesson/Unit Information:

Title of Lesson/Unit: \_\_\_\_\_

Date of Lesson/Unit: \_\_\_\_\_

### 8. Personal Reflection

What are your strengths as an educator that were evident during this lesson/unit?

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What areas do you believe need improvement? How might you address these areas?

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### 9. Alignment and Philosophy

How well did this lesson/unit align with the curriculum standards and expectations?

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Did it reflect your values and philosophy of education?

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### 10. Action Plan

Based on your reflections, what specific actions or changes do you plan to implement in future lessons/units?

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### 11. Long-Term Goals

How does this reflection contribute to your long-term professional growth and development as an educator?

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### 12. Additional Notes

Use this space to jot down any additional thoughts, insights, or observations related to this lesson/unit.

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Reflecting on your teaching practice is a valuable tool for growth and improvement. Use this worksheet as a starting point to engage in thoughtful self-assessment and plan for continuous development in your teaching journey.