***BPS VIDEO REFLECTION***

***Improving My Teaching Practice***

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_School:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_**

**What is the objective of the lesson:**

***How to Get the Most Out of Watching Your Video***

List TWO strategies, lessons, concepts, or statements made that were positive and went well and TWO strategies, lessons, concepts, or statements that need more time or changes made.

**Positives:**

1.

2.

**Areas of change to discuss and implement:**

1.

2.

*Get Ready*

Watching yourself on video is one of the most powerful strategies professionals can use to improve. However, it can be a challenge. It takes a little time to get used to seeing yourself on screen, so be prepared for a bit of a shock. After a little time, you will become more comfortable with the process.

* Find a place to watch where you will not be distracted.
* Set aside a block of time so you can watch the video uninterrupted.
* Make sure you have got a pen and paper ready to take notes.

*Watching the Video*

* Plan to watch the entire video at one sitting.
* Take notes on anything that is interesting.
* Be certain to write the time from the video beside any note you make so that you can return to it should you wish to.
* People tend to be too hard on themselves, so be sure to really watch for things you like.
* After watching the video, review your notes and circle the items you will discuss with your mentor teacher (two you like and two areas you would like to change).
* If you are nervous about what you see, concentrate on what the student are learning instead of your teaching.
* Sit back, relax, and enjoy the experience.

**Video Rubric**

Date video was taken:

1. **Need more time**: I am just beginning to understand

**(5) I got it**: My students can do what is expected without my help.

After watching the video of today’s class, please rate how close the **behavior of your students** is to your goal for an ideal class in the following areas:

|  |  |
| --- | --- |
|  | Need time………………………….I got it |
| 1. Students were engaged in learning (90 percent   on task is recommended). | 1 2 3 4 5 |
| 1. Students interacted respectfully during lesson. | 1 2 3 4 5 |
| 1. Students clearly understood expectations. | 1 2 3 4 5 |
| 1. Students are interested in learning activities in the class. | 1 2 3 4 5 |

After watching the video of today’s class, please rate how close **your instruction is to your ideal** perception of an effective lesson in the following areas:

|  |  |
| --- | --- |
|  | Need time……………………………I got it |
| 1. I asked at least 4 high order questions during my lesson and students responded with appropriate answers. | 1 2 3 4 5 |
| 1. I clearly explained expectations prior to each   activity. | 1 2 3 4 5 |
| 1. My corrections are calm, consistent,   Immediate, and planned in advance. | 1 2 3 4 5 |
| 1. My lesson aligns with Florida Standards. | 1 2 3 4 5 |
| 1. My lesson will impact student achievement. | 1 2 3 4 5 |
| 1. My praise to correction ratio is at least 3 praises to 1 correction. | 1 2 3 4 5 |
| 1. There was little time wasted during the lesson. | 1 2 3 4 5 |
| 1. I clearly understand what my students know and don’t know. | 1 2 3 4 5 |

What areas would you like to further discuss with your mentor to strengthen your skills: