

## Reflecting on Your Experience

**Private Reflections.** Many student teachers keep journals, especially as they begin their assignments. Journals are useful for venting frustration or anxiety and for keeping notes about particular concerns about student or teacher relationships. You will want to create a system for recording your insights into student behaviors and learning and curriculum and other aspects of your new profession. If you get in the habit of collecting information on students and taking time to make sense of your experiences, you will find you have an increasingly good foundation for making judgments and acting on your decisions. This is a central purpose to the “Four Envelopes” process described elsewhere in this handbook.

You are not required to keep a journal or to share personal writings about your experiences. However, each student teacher is expected to update and maintain (for regular viewing by your cooperating teacher and college supervisor) this Student Teaching Handbook. **Each week you should make an entry in the “Log of Reflective Strategies” as well share questions and insights with your cooperating teacher using the “Weekly Dialogue” sheets.** Your college supervisor will review these entries with you.