



# Thinking about your Thinking

Topic: \_\_\_\_\_

Date: \_\_\_\_\_

- Website
- Workshop
- Podcast
- Webinar
- Other

*W*riting a process note- a “teaching progress” note:

Use this space to write, in your own handwriting, your observations of what you have been learning and how you felt about it; your biases, your thoughts and perceptions and interpretations – how might this change what you do? Return to this in the future and use these notes to think again about your thinking now – how will you change what you are doing? How will you grow and learn going forward?

My Goal/Challenge is: \_\_\_\_\_

Date for me to follow up: \_\_\_\_\_

1) What do you want to do differently based on what you are learning?

2) How do you feel about this?

3) What will you continue doing well which was reinforced by what you are learning?

4) How have you considered your biases/blind spots?

5) How will you make the changes you want?

6) What resources will you require?

7) What barriers do you anticipate and how will you manage these?

8) How will you know if you are successful?

9) Any other reflections?

Date:

Follow-up notes:

KEEP THIS as a record and review and re-comment on how you apply lessons learned to your day to day practice to make positive changes & improve.

