

Mentoring in Action

Guiding, Sharing, and Reflecting with Novice Teachers in January

Mindful Mentoring Memo

"I think patience makes a good teacher."

2nd Grade Student (page 136 Mentoring in Action book)



A MESSAGE to Mentor Leaders

This memo is designed to support you in using the **Mentoring in Action** 2nd edition as a [resource](#) for purposeful mentoring conversations.

Happy New Year! 2019 is going to be a new start for all of us. I love new beginnings and this year we can live with intention in support of our profession and in service of our novice teachers. I hope you took some time to reflect on all the good in your life during this holiday break. There is so much to be grateful for when we just take a moment to stop and see the beauty and great gifts all around us.

The fifth principle for **Mindful Mentoring** listed on page 10 of the MIA book is *Maintaining a Professional Community of Learners*. Your mentor team is important to creating a positive school culture. When you collaborate with other like-minded teacher/mentors you raise the energy and bring new ideas to the table. Bringing the mentors together for a January celebration is a way to acknowledge what you have done so far and look ahead to where your novices need support.

Bringing the novice teachers together in a group mentoring community also allows them to meet each other and talk about their goals. Let them help you plan the meeting and lead the discussions. Promote teacher leadership among your newest teachers. They can lead too!

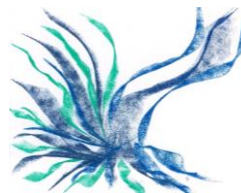
The Mentoring in Action 20/20 Vision Leadership Academy is a state-wide group of like-minded mentor leaders. Nominate one of your lead mentors or perhaps YOU would like to be part of this state-wide group? Learn more!

Communities allow members to grow and share. Mentor communities create solutions to common problems novices face and contribute to the greater good. Take some time to enjoy the 5th principle meditation. The affirmation for this [meditation](#) is; *I share ideas with other mentors*. Think about what you would like to share with others.

Prioritize your mentor group meetings. Bring mentors together to celebrate the good work you are all doing. Build a positive school culture from within.

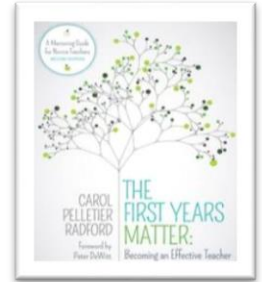
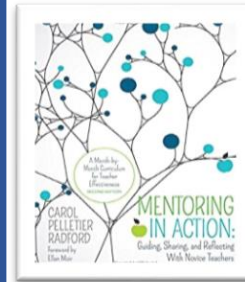
Balance. Inspire. Lead. Transform from the 

Carol
Carol Pelletier Radford EdD
Founder, Mentoring in Action



CONNECTIONs

Review page 141 and read the [How Can Student Choice Help Learning](#) form and discuss it.



ACTIONS



Differentiating your mentoring conversations

requires good planning. You want your mentoring conversations to focus on your novice teachers' needs. Here are three ways to support you.

- Interview your mentee using The First Act on page 142.
- Review the Overview of Acts on page 143 and choose one.
- Read pages 144-145, Acts 1 & 2, and help your novice teacher not only reflect on the 1st half of the year but identify potential 2nd half challenges (w/ possible solutions)!

You can also find the videos on the [MentoringinAction.com](#) Video Library using the titles.

Use the templates in the Appendices to organize your conversations.

When will you schedule your time to talk?



Being a Mindful Mentor

"I model a healthy balance in my personal and professional lives."



REFLECT

Effective mentors take the time to reflect alone and with their mentee.



Choose a bubble stem on page 154 and complete it in your book or using the [Mentor journal](#) available from Corwin.

NEW TEACHER PHASE

In January, the novices are entering the *Rejuvenation* phase. Your novice teacher hopefully took advantage of winter break and had an opportunity to reclaim a sense of normalcy.

Help your novice teacher stay positive and refreshed by assisting him/her in getting organized for the second half of the year!!

Use the January chapter to guide your conversations.



VIDEO

To learn more about the January chapter, listen to one of our mentor leaders

- [January Chapter Overview](#)



WEBSITE RESOURCES

Visit [MentoringinAction.com](#) to find free resources like the District Action Plan samples and a video library. Practice mindfulness using the mindful mentor meditations that align with page 10 in your MIA book.



To purchase the 2nd editions of the **Mentoring in Action & The First Years Matter** and receive a bulk order discount call 1-800-233-9936.

USING MINDFULNESS



Teaching is complex, and often, there are not clear answers to situations that arise while you are mentoring a novice. Each month, a dilemma will be featured to help you and your novice grapple with some challenging issues. By anticipating challenges and reflecting on them before they happen, we help our novice teachers to prepare instead of react.

- **Dilemma #6** is: **Doesn't Matter What the Students Think**. As you read the dilemma in your Mentoring in Action book, think about how you would discuss this. A mindfulness protocol is included on page 155 to help you reflect and clarify the issue for yourself.
- Note that if you are using **The First Year Matters** book that the dilemma is written from the novice teacher's perspective.

SELF CARE CORNER

Take some time for YOU! What can you do today that will refresh your spirit?



Also, point out what your novice teacher is doing well! It is time for a compliment!

Watch the video, [Self Care for Teachers](#), to learn how to better "care for yourself and improve your teaching experience as a whole!" After watching the video discuss some of these self-care topics with your novice teacher.

Review page 156 for more ideas!