



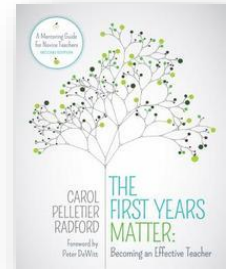
The First Years Matter

Becoming an Effective Teacher

January Novice Teacher Memo

"I think patience makes a good teacher."

2nd Grade Student (page 132 The First Years Matter book)



A MESSAGE to Novice Teachers

If you are receiving this memo, your mentor has forwarded it to you because you are using **The First Years Matter** book. Skim the January chapter and select the topics that will refresh and rejuvenate you. This is the time of year when you can start over and begin again with your students. Take some time to think about what you believe (ACT 3 page 143) and revisit why you chose to become a teacher. Continue to pay attention to your own needs and your social and emotional development. Talk with your mentor and create a support group of other novice teachers. If you can "maintain your balance" in the classroom, this will directly influence your students' success.

Balance. Inspire. Lead. Transform from the 

[Thank you for choosing teaching.](#)

Carol
Carol Pelletier Radford EdD
Founder, Mentoring in Action



NEW TEACHER PHASE

In January, you are entering the *Rejuvenation* phase. Hopefully, you took advantage of winter break and had an opportunity to reclaim a sense of normalcy.

Stay positive and refreshed by getting organized for the second half of the year!!



REFLECT

Effective teachers take the time to reflect alone and with their mentor.



Choose a bubble stem on page 151 and complete it in your book or using the [Novice Teacher journal](#) available from Corwin.

CONNECTIONS

Review page 138 and read the [How Can Student Choice Help Learning](#) form and discuss it.



ACTIONS



When you meet with your mentor, you want the conversations to focus on your needs. Here are three ways to help your mentor best support you!

- Reflect on your own needs using The First Act on page 139.
- Review the Overview of Acts on page 140 and choose one (or two).
- Read pages 141-142, Acts 1 & 2, and not only reflect on the 1st half of the year but identify potential 2nd half challenges (w/ possible solutions)!

SELF CARE CORNER

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



Watch the video, [Taming the Gremlins: Teaching and The Challenges of Self Care](#), by Bill Thill, to learn how "caring for yourself and improving your teaching experience as a whole!" can create a calmer class environment!