



The First Years Matter

Becoming an Effective Teacher

March Novice Teacher Memo

“In my opinion, a good teacher is someone who teaches you what you need to know for everyday life and has fun doing it.”

8th Grade Student (page 174 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** as a resource. The purpose of this memo is to focus you on some important pages in the book that emphasize your self-care. Take some time to skim the pages and select one or two activities to try. Focus on your self-care this month. March is a long month without any vacations, so read the ideas in this memo and reflect on what will support you. Then DO IT!

Balance. Inspire. Lead. Transform from the



When you take care of yourself, you model self-care for your students.



Carol

[\(Listen to a message from Carol\)](#)

Carol Pelletier Radford EdD

NEW TEACHER PHASE

In March, you will continue to find yourself in the *Rejuvenation* phase. This month, look toward long-term planning, curriculum development, and fine-tuning teaching strategies.

Take a long, deep breathe and realize your ARE an effective teacher!!



REFLECT

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



CONNECTIONs

Review page 180 and read [Five Ways to Get More out of Teacher-to-Teacher Collaboration.](#)



ACTIONS

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



- Reflect on your own needs using The First Act on page 181.
- Review the Overview of Acts on page 182 and choose one (or two).
- Read page 183, Act 1, to identify a variety of ways you may receive feedback from your mentor. Also, page 186, Act 4, features a feedback form template your mentor may use to organize your post-observation conference.

Choose a bubble stem on page 191 and complete it in your book or using the [Novice Teacher journal](#) available from Corwin.

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



Watch the video, [The Self-Care Saga Continues](#), by Andrew Baldwin, and listen to his story about how he experiences a lack of balance within his life. Baldwin discusses methods teachers can use to avoid burnout and manage stress!

Review page 193 for more ideas!