



The First Years Matter

Becoming an Effective Teacher



November Novice Teacher Memo

*"I know I have learned something when I have the confidence to do it alone."
4th Grade Student (page 88 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 this month. Read pages 89-90 and note what stands out to you as important to your teaching practice. Skim the questions on page 92 and think about which ones relate to you and be proactive by asking your mentor questions! Skim the rest of the chapter and select an ACT. Continue to take care of yourself. How will you focus on your self-care this month?

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
Founder, Mentoring in Action



NEW TEACHER PHASE

In November, you are quickly finding yourself in the Disillusionment phase. You are overwhelmed, run down, and begin to question whether this profession is truly for you!

Take a big deep breath & stay positive!



REFLECT

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



Choose a bubble stem on page 107 and complete it in your book or using the [Novice Teacher journal](#) available from Corwin.

CONNECTIONS

Review page 94 and watch the

[Qualities of Effective Teachers Through Students Eyes](#)

Video and discuss it.



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 95.
- Review the Overview of Acts on page 96 and choose one (or two).
- Read page 105, Act 9, and identify ways to differentiate for diverse learners. You can also find the videos on the MentoringinAction.com Video Library using the titles.



SELF CARE CORNER

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



Watch the video, [Learn to Shine Bright - The Importance of Self Care for Teachers](#), by Kelly Hopkinson to hear some surprising ideas!

Review page 109 for more ideas!