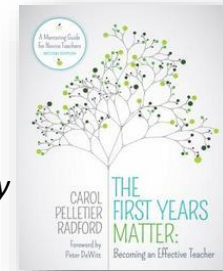




The First Years Matter

Becoming an Effective Teacher



October Novice Teacher Memo

“A good teacher walks around the classroom helping everyone do things they don’t understand.”

7th Grade Student (page 66 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 67-68 and note what stands out to you as important to your teaching practice. Skim the Overview of the ACTs on page 74 and select one or two topics that are interesting to you. Watch the videos using the QR code in the book or go to MentoringinAction.com to see all these videos in our Video Library. Notice where you might be feeling stress. Talk to your mentor and look for ways to support yourself. YOU must stay healthy if you want to be successful in the classroom!

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 October, you are entering the survival phase. With the first month of teaching down, you are most likely overwhelmed and experiencing situations not learned about in your preparation programs.

Slow down and focus on what is the most important.



REFLECT

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



Choose a bubble stem on page 85 and complete it in your book or using the [Novice Teacher journal](#) available from Corwin.

CONNECTIONS

Review page 72 and watch the [Teachers Make a Difference](#) 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 73.
- Review the Overview of Acts on page 74 and choose one (or two).
- Read page 81, Act 7, and plan a Student Survey. You can also find the videos on the MentoringinAction.com Video Library using the titles.

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



Watch the video, [How to Make Stress Your Friend](#), by Kelly McGonigle to hear some surprising finds!

Review page 87 for more ideas!