



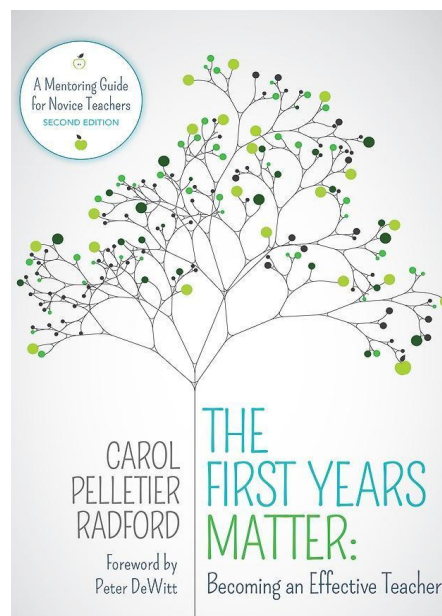
Mentoring in Action
BALANCE. INSPIRE. LEAD. *TRANSFORM* from the ♥
mentoringinaction.com

Professional Learning for Novice Teachers

Using *The First Years Matter* to Become an Effective Teacher

A Step by Step Audio Tour with the Author

Offered by [Mentoring in Action](#)



To receive a discount for multiple copies of the books visit [Corwin.com](#) and order directly from a sales representative in your region. Books are also available on [Amazon](#)

Introduction

Dear Novice Teachers,

Thank you for using the ***Mentoring in Action*** curriculum and this free audio tour to guide your professional learning. The mentoring curriculum includes two books: ***Mentoring in Action: Guiding, Sharing, and Reflecting With Novice Teachers*** and ***The First Years Matter: Becoming an Effective Teacher***. I created this curriculum and organized it into two books because I believe it is important for mentors and novices to share a common language throughout the mentoring process. Your book gives you the road map of a school year and shares ways you can initiate conversations with your mentor as well as self-reflect.

This audio tour is offered to you as an overview of what is in the book as well as a way for me to share the resources we offer at <https://mentoringinaction.com/> and on the Corwin <https://resources.corwin.com/mentoringinaction> companion website.

If you are in your *first year* of teaching you may be using this book with the support of a mentor. If you are in your *2nd or 3rd year* you may be using this book on your own or in a support group. Either way, your time is valuable and I have created this audio tour to introduce you to the resources so you can get the most out of this book.

The ultimate goal of this book and this audio tour is to promote your success in the classroom. Thank you for choosing to become a teacher. It is a noble profession.

Carol ~ [Introduction Video](#)

Carol Pelletier Radford EdD

Author and Founder <https://mentoringinaction.com/>



Lesson 1

Why Do the First Years Matter So Much?



Mindful Teaching Practices

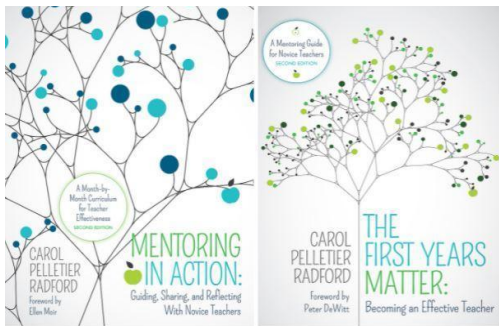
1. [NT Audio Message from the Author](#)

This book is designed to support you in finding the teaching practices that work so you can “maintain your balance” through the ups and downs of a teaching day. Becoming an effective teacher takes practice and skill.

REVIEW the Table of Contents in The FYM book to scan topics and the structure of how the novice’s book is organized.

READ pages xv-xxi and the Introduction.

Mindful teaching will help you become more competent in the classroom. With competence comes confidence. Confidence allows you to experience more joy. Joy will keep you in teaching. Our students need effective teachers!



The Mentoring in Action Curriculum

2. [NT Audio Message from the Author](#)

This curriculum is organized into two books. One for the mentor and the other for the novice teacher. This creates a common language where you can fully participate in purposeful mentoring conversations.

If you are using the book on your own you will reflect on the actions and use them to forward your teaching practices. Even though it is organized month by month you are free to skip around and use the actions that are most useful to you at any time of year.

REVIEW the monthly format as you **SKIM** the book.

Novice Teachers Using the Book

3. [NT Audio Message from the Author](#)



Mentors and novices have been using these two books for many years. As you listen to the novices in this video note what they say is important to them.

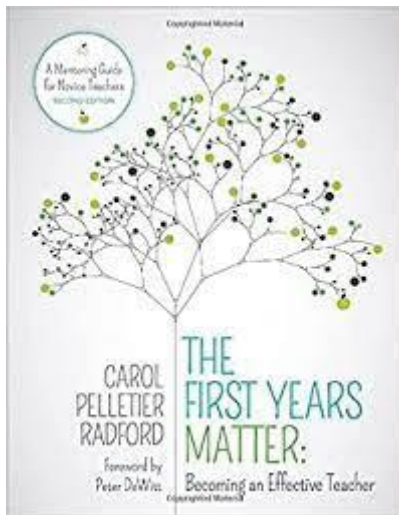
WATCH:

[Using the First Years Matter book](#)

NOTE: Book cover in the video is the 1st edition of this book and you are using the 2nd edition.

Get to Know Your Book

4. [NT Audio Message from the Author](#)



READ pages 3-20 **GO** to the companion website to print out pages.

<https://resources.corwin.com/mentoringinaction>

This book is designed to give you an overview of a teaching year. Use the monthly ACTs to personally reflect or as a discussion topic with your mentor. You may also consider creating a mentoring group with other novice teachers to share ideas.

Learn the Monthly Themes

5. [NT Audio Message from the Author](#)



REVIEW the opening pages of each chapter in the book.

WATCH [three videos from this list](#) to see what a mentoring conversation could look like each month and how you can initiate the conversation.



PLAN, CONNECT, ACT, REFLECT, and SET GOALS

6. [NT Audio Message from the Author](#)

REFLECT and SET Goals pages are located at the end of the chapter.

FOCUS on your personal needs too so you can stay healthy. Ask for help when you need it!

Lesson 2

What does an effective teacher do?

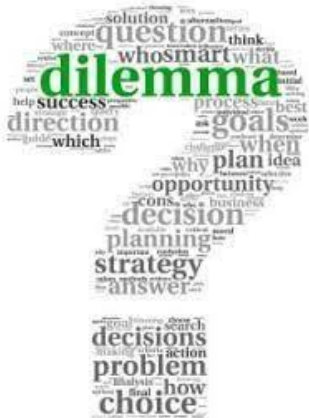


Assess Your Needs in the First ACT

7. [NT Audio Message from the Author](#)

READ the FIRST ACT in the current month you are in to get an idea of how to ASSESS your needs.

REVIEW the ACT topics in the Table of Contents of the book and notice the topics that are useful to you. You can lead a mentoring conversation by suggesting an ACT you would like to talk about with your mentor or just reflect on the topic alone.



Be Proactive to Minimize Stress

8. [NT Audio Message from the Author](#)

The *Using Mindfulness to Explore Mentoring Dilemmas* is an important Reflection Tool to help you look ahead to possible challenges you may face.

READ ONE of the *Mentoring Dilemmas* from the book. These pages are located near the end of each month in the REFLECT section.



Listen to Your Students

9. [NT Audio Message from the Author](#)

WATCH

[*Teachers Make a Difference*](#)

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

Notice what is most important to students and think about how you can use their advice.



Solve Problems Together

10. [NT Audio Message from the Author](#)

As a novice you know you can't learn all the effective teaching practices in one year. That is why creating novice teacher support groups is crucial to your success. **WATCH** this video to see how a mentor leads a problem solving group with novice teachers.

[*Problems to Possibilities*](#)

The FYM book has a variety of topics that could be the focus of any problem solving group. **CREATE** your own group!



Stay Inspired

11. [NT Audio Message from the Author](#)

Staying inspired is important to maintaining your balance as a teacher. Inspiration can come from within or it can come from other teachers. Your mentor is just ONE person who can support you. Knowing where to get help when you need it is important.

REVIEW the *Board of Mentors* process on page 12.

Lesson 3

What Are Some Important Ideas to remember?

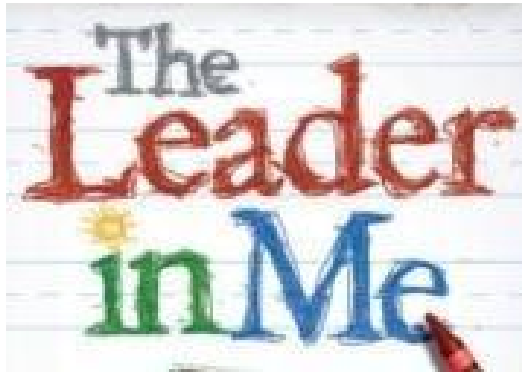


Learn From Other Beginning Teachers

12. [NT Audio Message from the Author](#)

WATCH [*Advice for beginning teachers from other beginning teachers.*](#)

Think about how “advice” is different from a formal mentoring conversation. In the video one teacher advises –don’t smile until Thanksgiving and another teacher says the opposite!



Become a Leader

13. [NT Audio Message from the Author](#)

READ page 13 again.

WATCH this video to see how a novice teacher leads a group mentoring session. The mentor in the video helps her to organize the meeting, but she does not attend. She coaches the novice to be a “leader” and to share ideas with others.

[*Sharing Best Practices.*](#)

This group can also be expanded by inviting all the teachers in the school to attend and share ideas. Novice teachers are leaders! Create a group!



Use Professional Coaching Strategies

14. [NT Audio Message from the Author](#)

WATCH any of these videos on this list of Coaching [Strategies](#) to hear how a professional coach supports
teachehttp://mentoringinaction.com/wp-content/uploads/2022/01/Coaching-Strategy.pdf.

WATCH [Are you a Victim or a Victor?](#) and choose any other videos that you think would be helpful. *Note page numbers referred to in videos may be different in your 2nd edition.*



Look Ahead

15. [NT Audio Message from the Author](#)

It is always good to know where you are heading. If you already completed a year in the classroom you have some idea of what to expect.

READ: pages 235 - 262.



Understand Your Growth

16. [NT Audio Message from the Author](#)

This message from a mentor shares how teachers grow over time. Don't be so hard on yourself. Acknowledge where you are growing. Becoming an effective teacher is a developmental process.

[The Transformation of a Teacher](#)

YOUR NEXT STEPS!

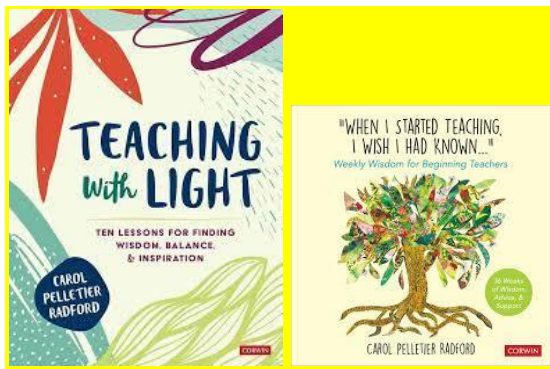
My Final Message to You

17. [NT Audio Message from the Author](#)

What I have
LEARNED

DOCUMENT

If you were taking this audio tour to complete a district requirement for being mentored in your district, take the time to document what you learned and how much time you spent reviewing the book.



EXPLORE

These are my two new books that focus on teacher wisdom, practical strategies, and ways to minimize stress. *Teaching With Light: Ten Lessons for Finding Wisdom, Balance, and Inspiration.*

<https://us.corwin.com/books/teaching-with-light-274670>

When I Started Teaching I Wish I Had Known... Weekly Wisdom for Beginning Teachers

<https://us.corwin.com/books/weekly-wisdom-285432>



LEARN

This is Corwin's NEW **Teacher to Teacher** podcast series! I am the host and when you listen you will learn from teachers around the country. Listen to their stories, their practical wisdom, and the ways they minimize stress.

Listen to an episode with your mentee and talk about what you learned. Listen on your favorite streaming platform.

[Corwin](#) [Apple](#) [Google](#) [Spotify](#) [Youtube](#)



VISIT The Corwin Press [resources website](#) for additional resources and handouts that go along with both books!

Also ***VISIT the*** [Mentoring in Action Website](#) to learn more about our offerings and free [resources](#) to <http://mentoringinaction.com/enhance> your teaching experience

Thank you for participating in this audio tour!

BALANCE. INSPIRE. LEAD.
TRANSFORM FROM THE HEART

