

Beginning Teacher Responses to Five Stages of First Year Teaching

Anticipation

Recommendations for Beginning Teacher	Recommendations for Mentor Teacher
<ul style="list-style-type: none"> • Talk to colleagues. • Observe other classroom environments/set-up. • Seek information/ask questions. • Tour school. • Get acquainted with neighboring classroom teachers. • Acquaint self with district curriculum guidelines. • Remember to balance priorities within the school day. • Establish and continue parent communication. 	<ul style="list-style-type: none"> • Keep my hopes high. • Be extremely supportive. • Prepare me and give me an understanding of what is to come. • Share experiences to prepare me for what is coming. • Reinforce my efforts. • Listen to me. • Set up a specific time for us to meet on a regular basis.

Survival

Recommendations for Beginning Teacher	Recommendations for Mentor Teacher
<ul style="list-style-type: none"> • Prioritize and take one day at a time. • Prepare. Keep things in perspective. • Relax. • Focus on organizational skills which will help me be successful. • Realize the multitude of tasks and complexity of the job. • Go shopping for ideas. • Reflect on daily successes and keep on truckin'. 	<ul style="list-style-type: none"> • Spend time with me. Make time for me. • Be available to assist with some of my "firsts," e.g. parent calls, grade level meetings, parent conference, etc. • Hand off a ready to use lesson and offer lesson suggestions! • Help me understand what I need to do and when to do it. • Check on my understanding of procedures and policies. • Listen to me. • Question me. • Stop by to talk and see how I am doing.

Disillusionment

Recommendations for Beginning Teacher	Recommendations for Mentor Teacher
<ul style="list-style-type: none"> • Remind myself I cannot do everything. • Use time wisely. • Take time out to exercise. • Communicate and share experiences with other beginning teachers; reflect and seek solutions. • Focus on the priorities. • Get to know my personal interests. • Listen to me. • Plan time to re-energize. • Design and implement engaging lessons plans. • Attend BEST seminar for encouragement and strategies to implement during this challenging stage. 	<ul style="list-style-type: none"> • Tell me that you have "been there too;" share your experiences and solutions for difficult times. • Encourage me with kind words and actions. • When I get too frustrated, help me re-organize and begin again. • Be positive. Focus on the good. • Help me regroup and focus.

Rejuvenation

Recommendations for Beginning Teacher	Recommendations for Mentor Teacher
<ul style="list-style-type: none"> • Keep working hard and learning. • Spend time with family and friends. • Prioritize. • Be creative. Use resources. • Take time to reflect and learn from my experiences. 	<ul style="list-style-type: none"> • Discuss upcoming activities and events. • Listen to me. • Have lunch together. • Challenge me to reflect and label my strengths. • Help me plan new goals for growth.

Reflection

Recommendations for Beginning Teacher	Recommendations for Mentor Teacher
<ul style="list-style-type: none"> • Document instructional strategies that worked. • Review the progress of my students. • Create list of the year's accomplishments. • Reflect and draft a professional goal for the upcoming year. • Set summer goals for preparation for the next school year. • Interact with other teachers and mentors. 	<ul style="list-style-type: none"> • Celebrate me. • Continue journal sharing and e-mails. • Conference with me and help me summarize my school year.