

■ Reflecting on Your Current Beliefs and Practices

Before reading the modules in this section, take some time to reflect on your beliefs and perspectives about the impact of a teacher's frame of mind on the functioning of the classroom. Then write your answers to the following questions in the space provided. Your responses will give you a basis for comparison as you read about the strategies recommended in these modules.

- In terms of classroom management, why is a teacher's mental set important?
- What are some behaviors you can adopt to ensure that you maintain a healthy and appropriate mental perspective?
- What strategies do you use to maintain or heighten your awareness of students' actions in the classroom and to notice and head off potential problems?
- Why do you think it is important to exhibit emotional objectivity toward students?
- What strategies do you use to ensure that you treat all students equitably, in spite of whatever thoughts about or reactions to particular students that you may have?
- What strategies do you use to prevent burnout?
- What do you do to recuperate when you feel overly tired, stressed, or on the verge of burnout?
- What strategies do you use to renew yourself after a stressful or otherwise negative interaction with a student or colleague?