

Assess Your Approach to a High Cognitive Load

<p>How often do you feel too overwhelmed in your personal life to focus on teaching? (Circle one.)</p>	<p>All the time Sometimes Rarely</p>
<p>Describe the ways it affects your teaching when you feel this way. What do you do to cope and stay focused?</p>	
<p>Do you have students who often seem disinterested in learning or unable to focus? (Circle one.)</p>	<p>Yes No</p>
<p>What is your assessment of where these behaviors come from? How does your interpretation of these behaviors affect your view of those students?</p>	
<p>Do you adjust your teaching strategies or practices to address high stress levels in your students? (Circle one.)</p>	<p>Yes No</p>
<p>What do you do to help students re-engage with classroom content when they appear overwhelmed by outside issues?</p>	