

Reflect on the Engagement Mindset

All meaningful and lasting change starts with a mirror. Self-reflect first. Take a moment and ask yourself a few questions about what you do to build student engagement by considering their existing levels of buy-in, mobility, and metabolic states.

1. Do you bring a strong engagement mindset into your class every day? Either way, what is your evidence?
2. When things are going well, what percentage of the class is right in the palm of your hand? What can you do to improve this number?
3. When you're struggling, what percentage of your class has tuned out? What strategies from this chapter can you use to boost this number?
4. What are some stress indicators you see in your classroom, and what activities will you engage them in to reduce that stress?
5. What are some choices you can make to help you and your students have a good day every day?

When you make choices and plan a time for implementing strategies to get buy-in from your students and keep them engaged every day, you will find that your own enthusiasm and energy for teaching soar to new heights.