

Figure 8.2: Reflection Reset Protocol

Teacher: _____ Date: _____
 Coach: _____ Focus area: _____

Phase 1: Reality Capture (5–7 minutes)

What Actually Happened

Record three or four specific moments from your teaching today without judgment.

Student Response Notes

Record actual student behaviors, responses, or work examples.

- Engagement: _____
 - Learning evidence: _____
 - Interaction patterns: _____
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Phase 2: Balanced Assessment (5–7 minutes)

Teaching Strengths Demonstrated

Identify two or three specific effective teaching moments.

Growth Opportunities

Note one or two areas where adjustments might enhance learning.

Phase 3: Learning Integration (5–7 minutes)

Key Insights

What did you learn about the following?

- Your students: _____
- Your teaching: _____
- The content: _____

Adaptation Points

Where did you do the following?

- Adjust successfully: _____
- Feel challenged: _____
- Want more options: _____

Phase 4: Forward Focus (5–7 minutes)

Realistic Next Steps

Identify one or two specific, manageable adjustments for tomorrow.

Support Needed

What would help you implement these adjustments?

- Resources: _____
 - Coaching: _____
 - Practice: _____
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Phase 5: Celebration and Growth (2–3 minutes)

Today's Wins

Note two specific successes, no matter how small.

Growth Edge

Note one area that you're working on with self-compassion.

Coach's Notes

Observed Patterns

- Perfectionist triggers: _____
- Growth indicators: _____
- Support needs: _____

Next Coaching Focus

- Short-term focus: _____
- Medium-term focus: _____
- Long-term focus: _____

Follow-Up Plan

- Next check-in date: _____
- Focus areas: _____
- Support to provide: _____

Guidelines for Use

- Complete the protocol within 24 hours of teaching.
- Spend no more than 25–30 minutes total.
- Focus on specific, observable moments.
- Balance recognition of success with growth opportunities.
- Identify clear, actionable next steps.
- Maintain a regular completion schedule.

Weekly Review Notes

- Patterns noticed: _____
- Progress indicators: _____
- Adjustments needed: _____
- Celebrations: _____