

## W-3: Sustain energy to reach ambitious goals

### Reflect on your progress

If you are feeling like your hard work and long hours are not paying off as much as you were hoping, step back for a second and consider the mistakes you made your first week in the classroom. If you can, watch video of yourself teaching at institute. Even if you still aren't where you want to be as a teacher, think of how much better you are now than when you started. Think about how far you have come – and celebrate your improvement. Your students *are* learning. You *are* teaching them. You *are* going to continue improving.

To keep your energy and motivation levels up, don't be afraid to celebrate mini-victories. Perhaps the majority of your students didn't master today's objective. But – Araceli *did*, and you've been working for weeks to convince her that she can be successful in your class. Recognize that you did reach Araceli, and that you should be proud of this. Then – reflect on your lesson, and strategize on how you will reach *all* of your students tomorrow.

Another strategy to help you reflect on your progress is reaching out to veteran teachers and your administrators for feedback on your work. Oftentimes these individuals will be able to help you see ways in which you've succeeded with your students that you've been unaware of. As Marie Zettek (New Mexico '07) relates: "I always get a boost of energy when my principal tells me how excited he is about the progress I've made with my students. It's really nice to hear this from someone I know has a high bar for success, and who has been in education for a number of years."