

Quaver PLC: Leaders in Education – Caring for Students and Ourselves

GUEST SPEAKER
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Description

This episode will focus on caring for students by building meaningful relationships and the importance of self care for educators.

Directions:

As you watch the video please take a moment to pause as each question is asked and reflect on your personal answer. You can also take notes surrounding each question.

	Reflection	Notes
1. What do you love about your job?		
2. What are some challenges you are facing this year?		
3. What are some strategies you use to build relationships with your students?		

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	Reflection	Notes
4. What are some challenges with implementing new strategies?		
5. In what ways do you prioritize your own well-being?		
6. How can your district help support you with your mental wellness?		
7. What is your Why?		
8. What do you do for your own Professional Learning? What goals have you set for yourself this year?		