

# A Reflective Journal For Teachers

A Time For Honesty

James Burns

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Help Improve Achievement, Behavior,

And Overall School Climate

James H Burns MA, DHL

## **Introduction**

The purpose of this Life Notebook is to provide teachers with an opportunity to reflect on some areas of their professional and personal life and help them identify their strengths and challenges.

As a teacher it is important to like yourself if in fact you are going to have positive relationships with your students and other staff members. It's necessary to get along with administration, avoid spreading rumors and gossip, problem solve, learn to forgive and above all take care of yourself.

Teaching is a demanding position and teachers who enjoy their profession are not only successful professionally but personally as well. This reflective life notebook will provide you with the necessary information that you need to move forward and not only help your students achieve success but will put you in a position to provide a positive school climate and to grow as an individual.

Be honest with yourself, some of these questions are tough. Ask yourself if you want temporary relief or permanent help as you wander down the road of change.

**Answer the following questions as honestly as you can and reflect on what you see as your strengths and challenges and make a plan to address any areas where you believe you need to make improvements. Be practical and at times courageous.**

**Category One – Self Confidence**

**Question One**

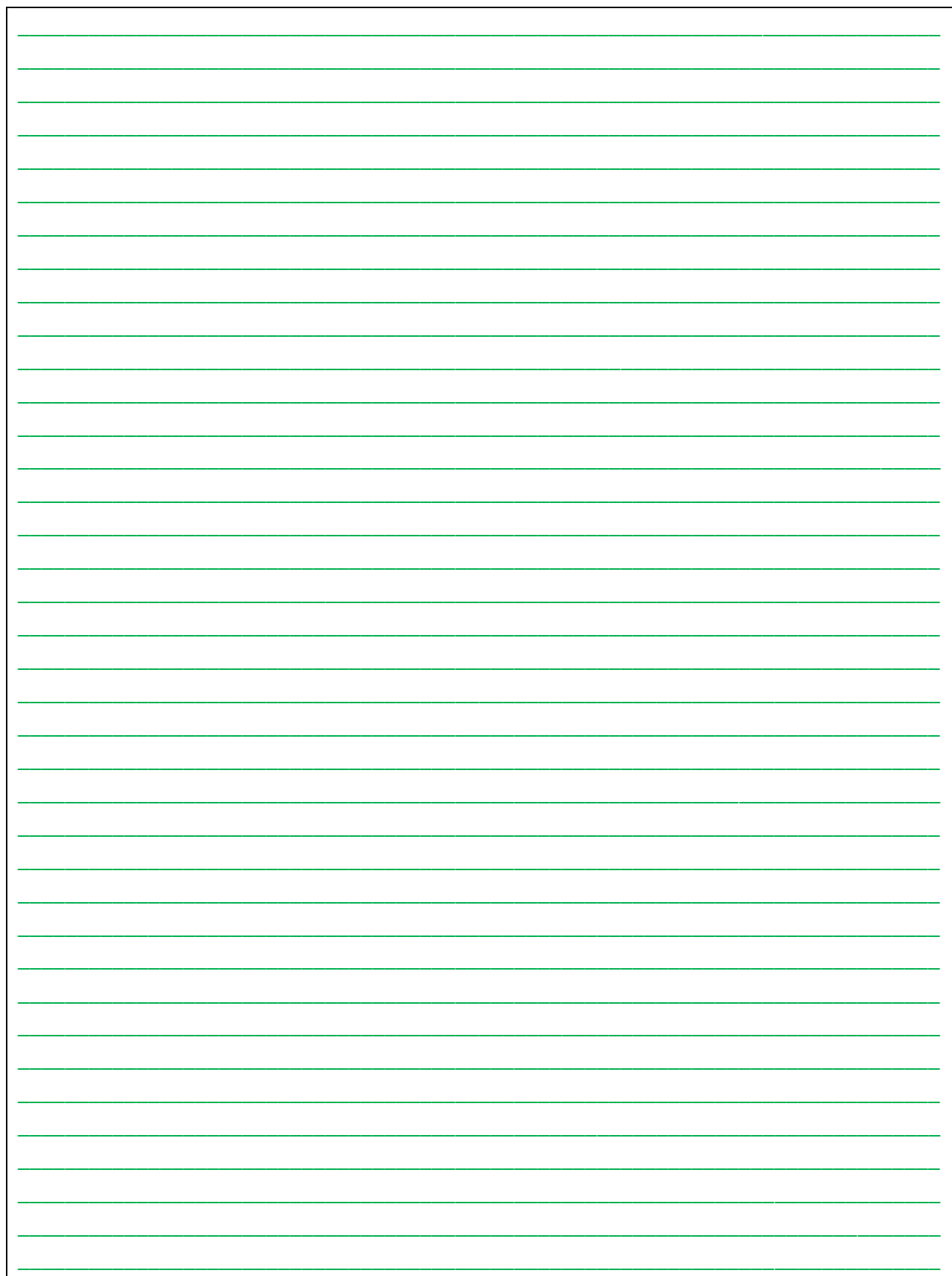
**How do I feel about myself and how do I feel about the teaching profession?**

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**Question Two**

**Do I have the confidence that I can motivate my students each day?**

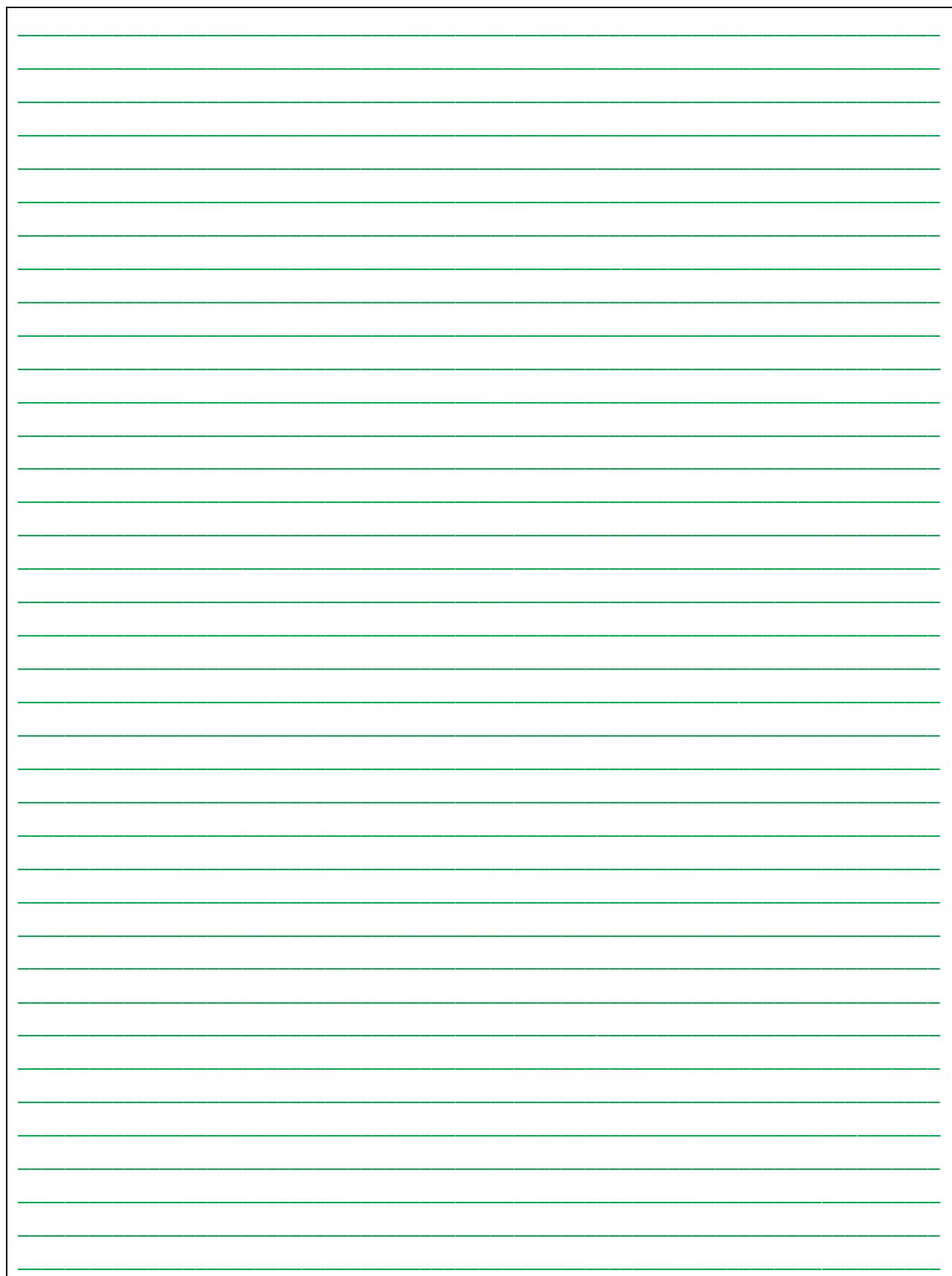
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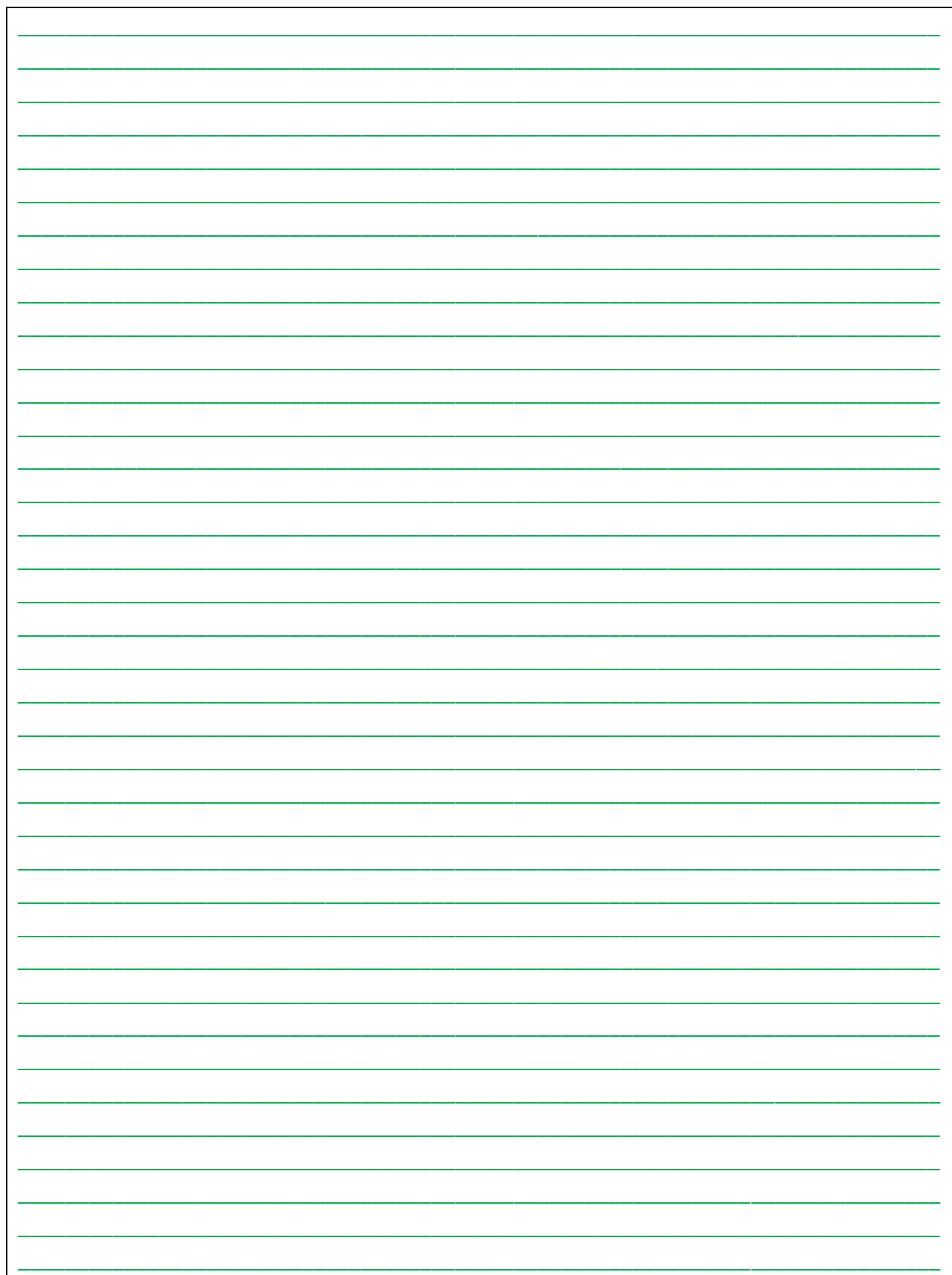
**Question Three**

**Have I set goals for my life and my career or am I satisfied by just having a job?**

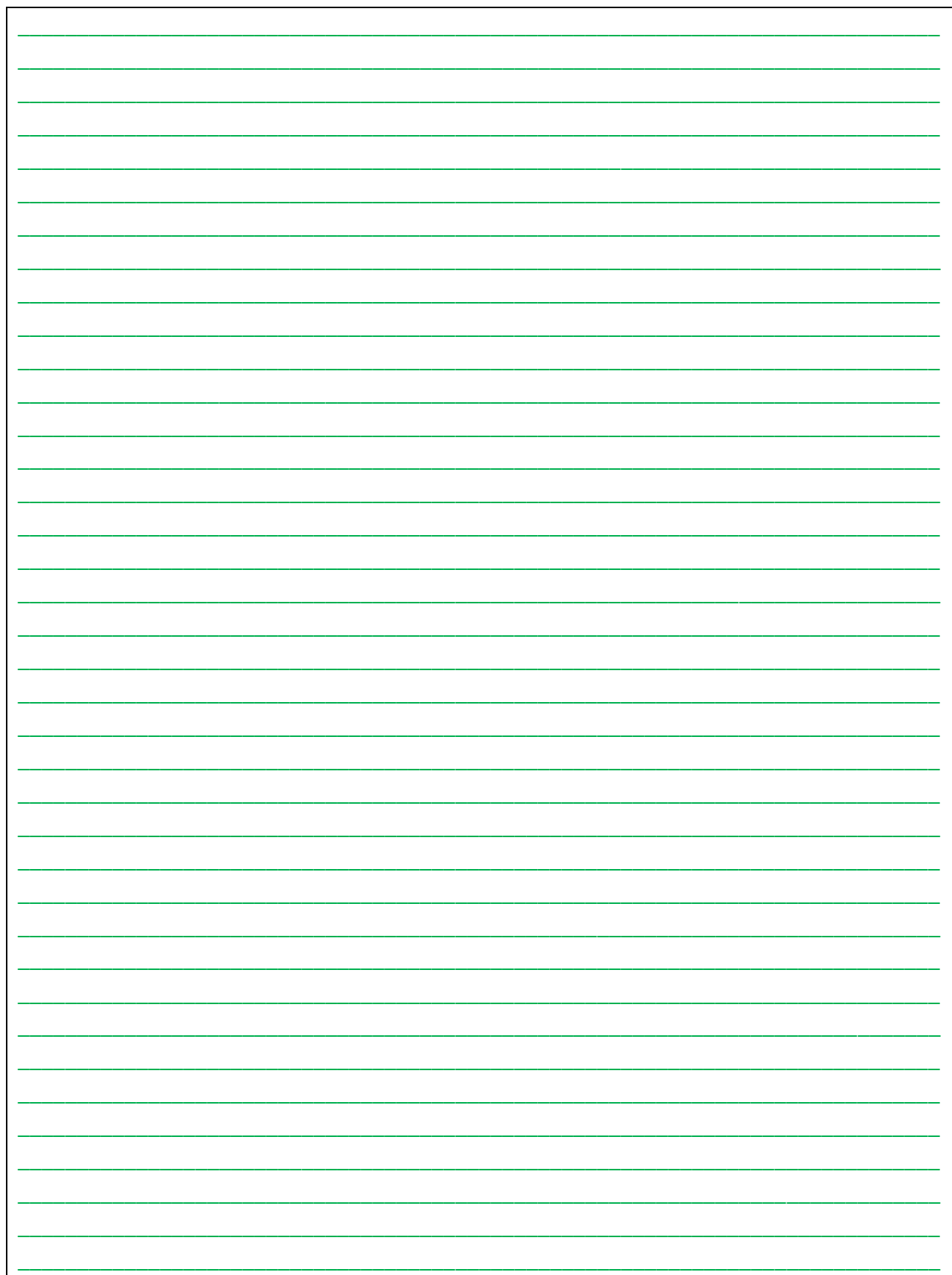
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**Category Two - Responsibility**

**Question One**

**Have I been responsible in my role as a teacher?**

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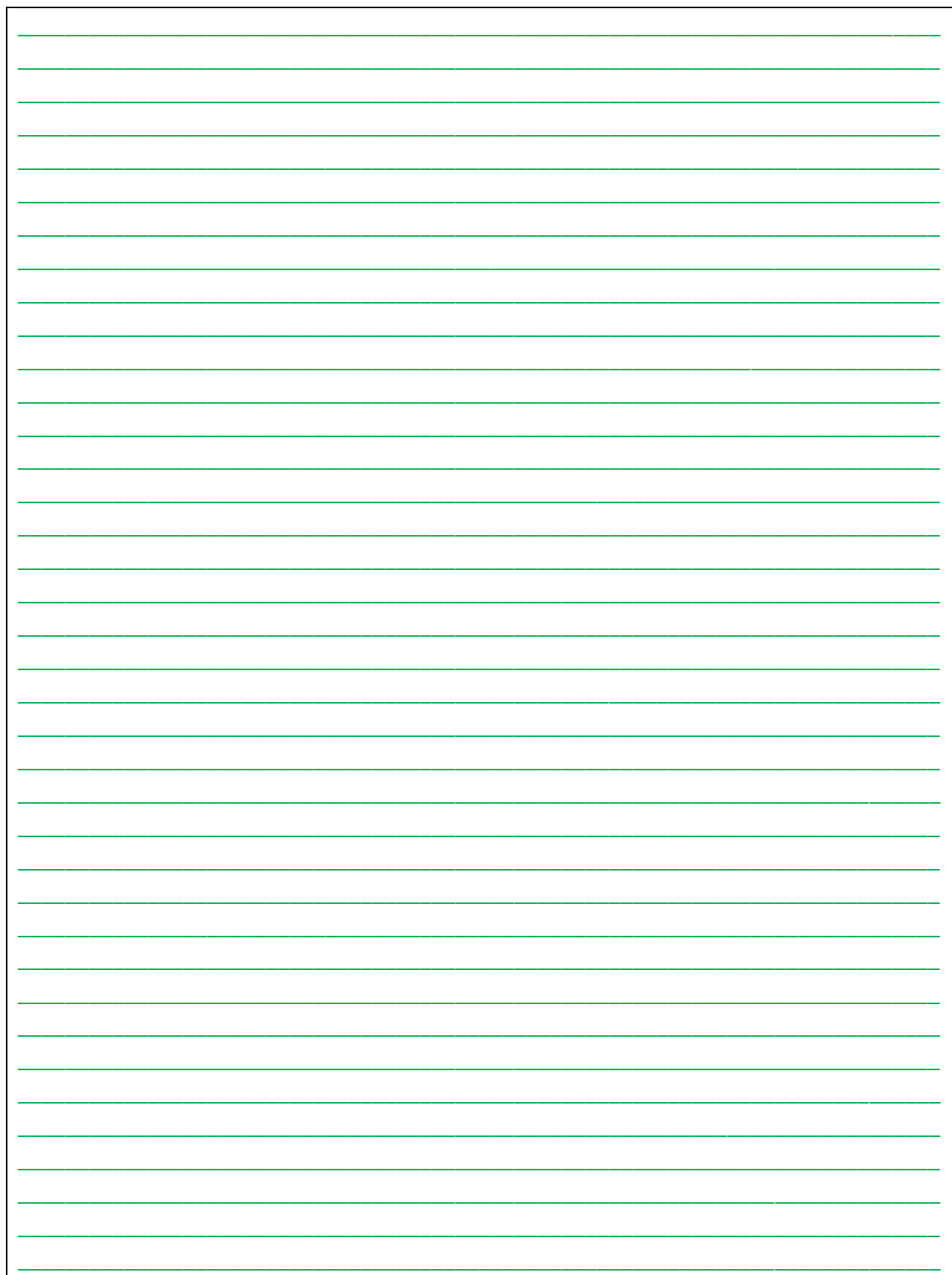
**Question Two**

**Do I look for excuses as to why my students are having academic or behavioral problems?**

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This image shows a full page of blank handwriting practice paper. It features approximately 28 evenly spaced horizontal green lines across the entire page, providing a guide for letter height and placement. The background is plain white, and there are no margins, text, or other markings present.





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<p><b>Question Three</b></p> <p><b>Do I often give up or blame others for my student's failures?</b></p>
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**Category Three – Authority**

**Question One**

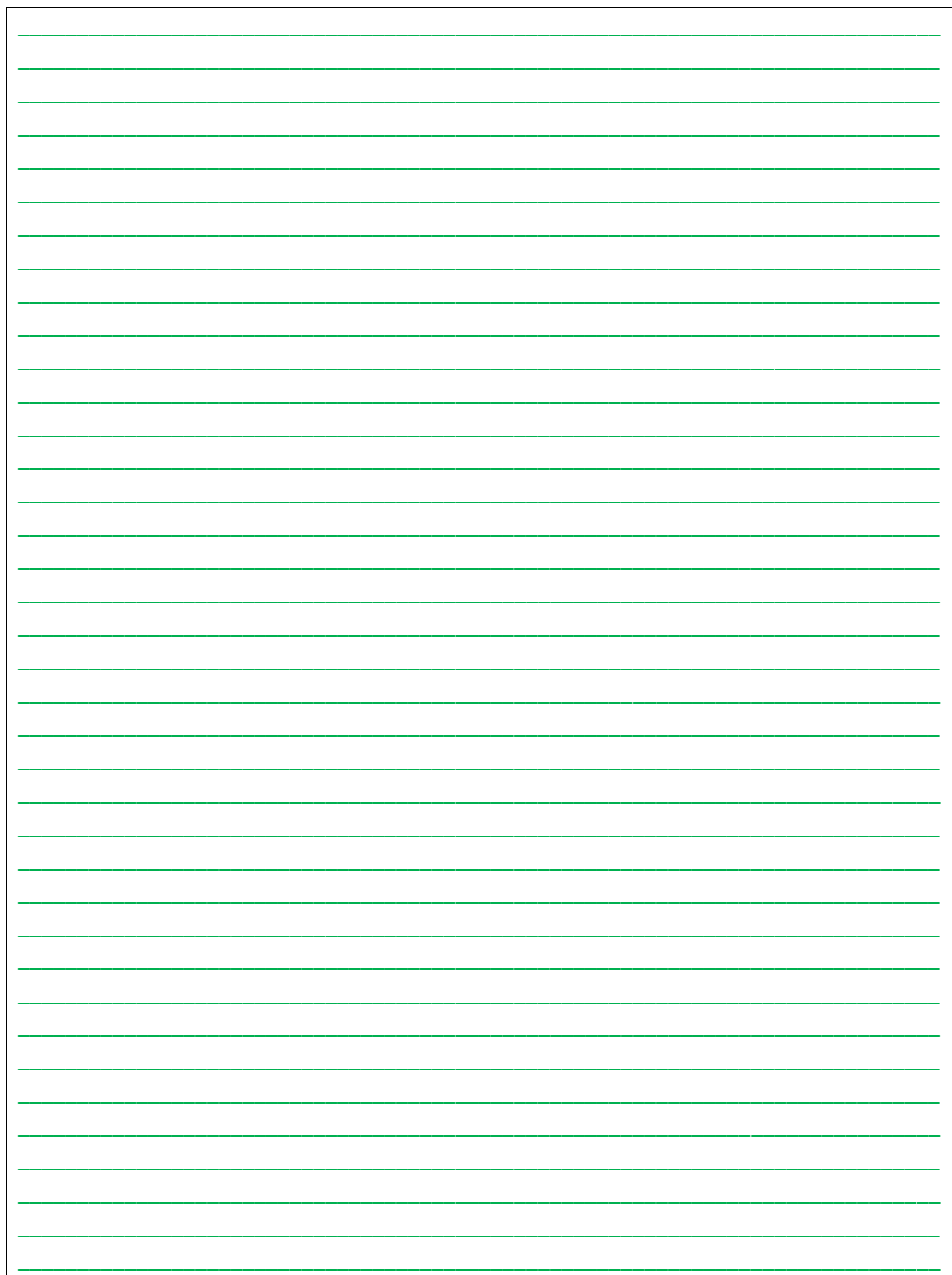
**Do I react or respond to the principal or vice principal of the school?**

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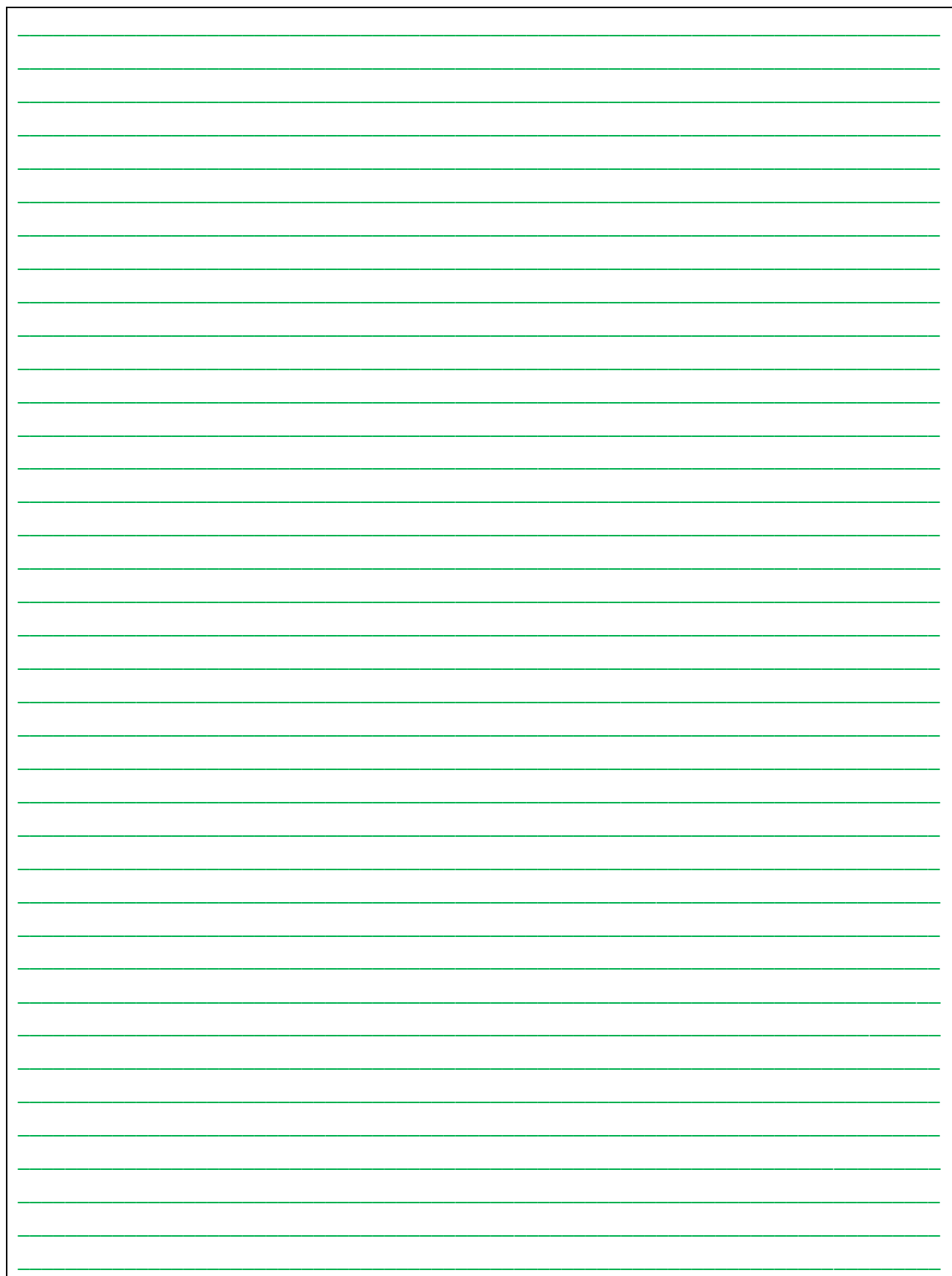
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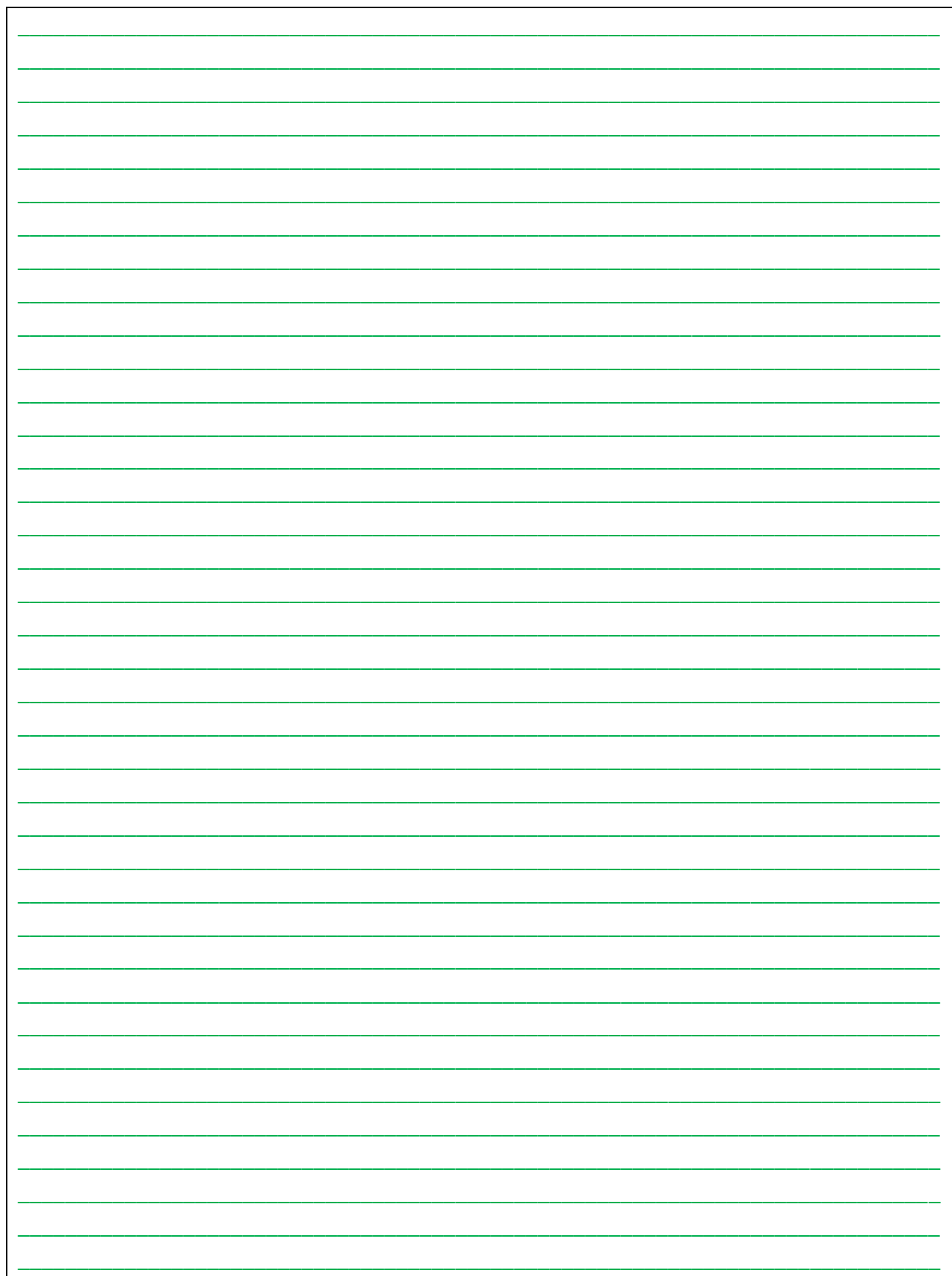
[illegible]



**Question Two**

**Do I do what I am told for the good of the school,  
or do I do what I want to do regardless of any consequence?**

[illegible]





[illegible]

[illegible]

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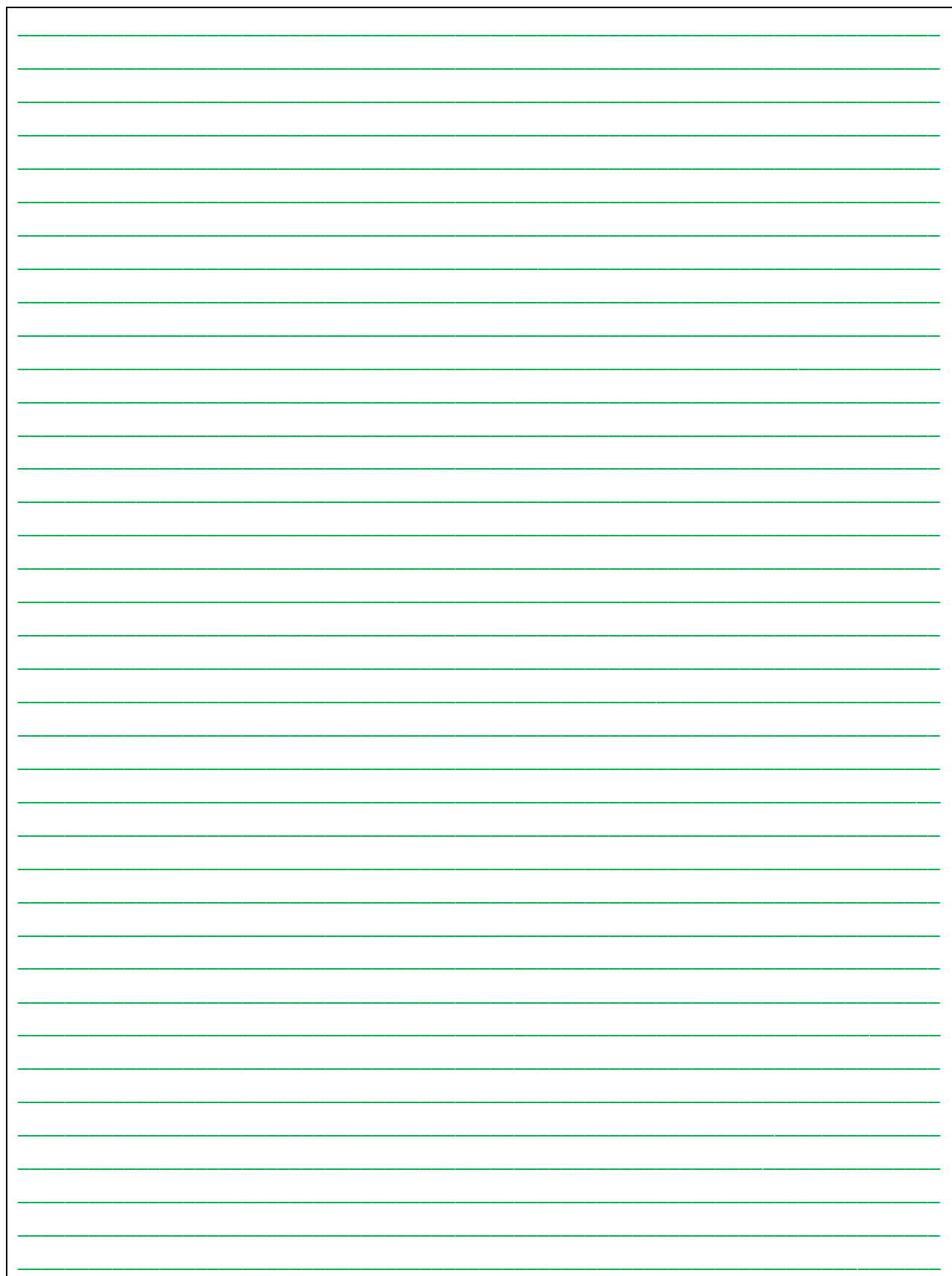
**Do I view my boss as incompetent and blame him/her for all the problems in the school?**

[illegible]

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**Category Four – Problem Solving**

**Question One**

**Do I see problems as opportunities or look to others to solve the problem?**

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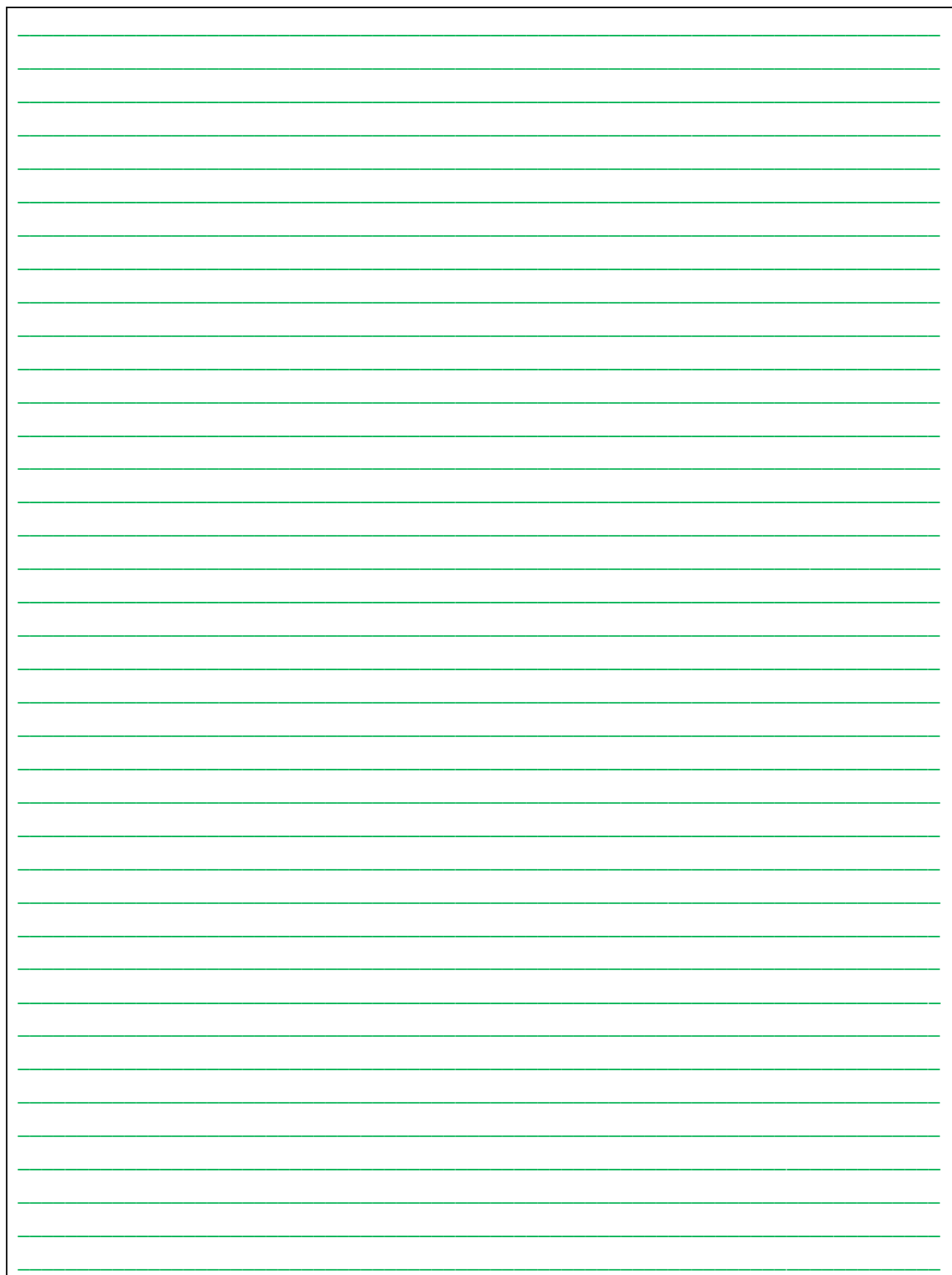
**Do I see problems as opportunities or look to others to solve the problem?**

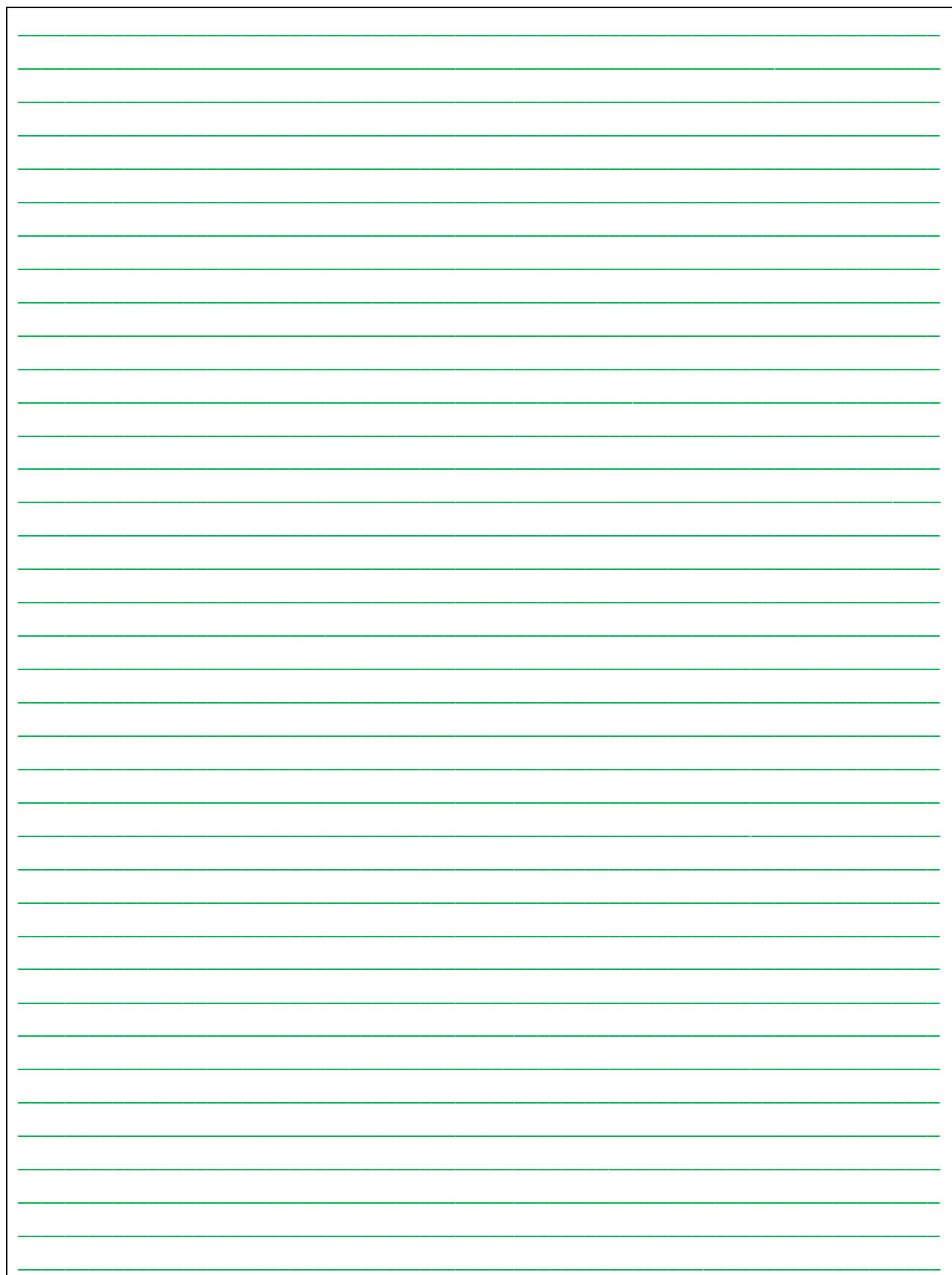
**Category Four – Problem Solving**

**Question One**

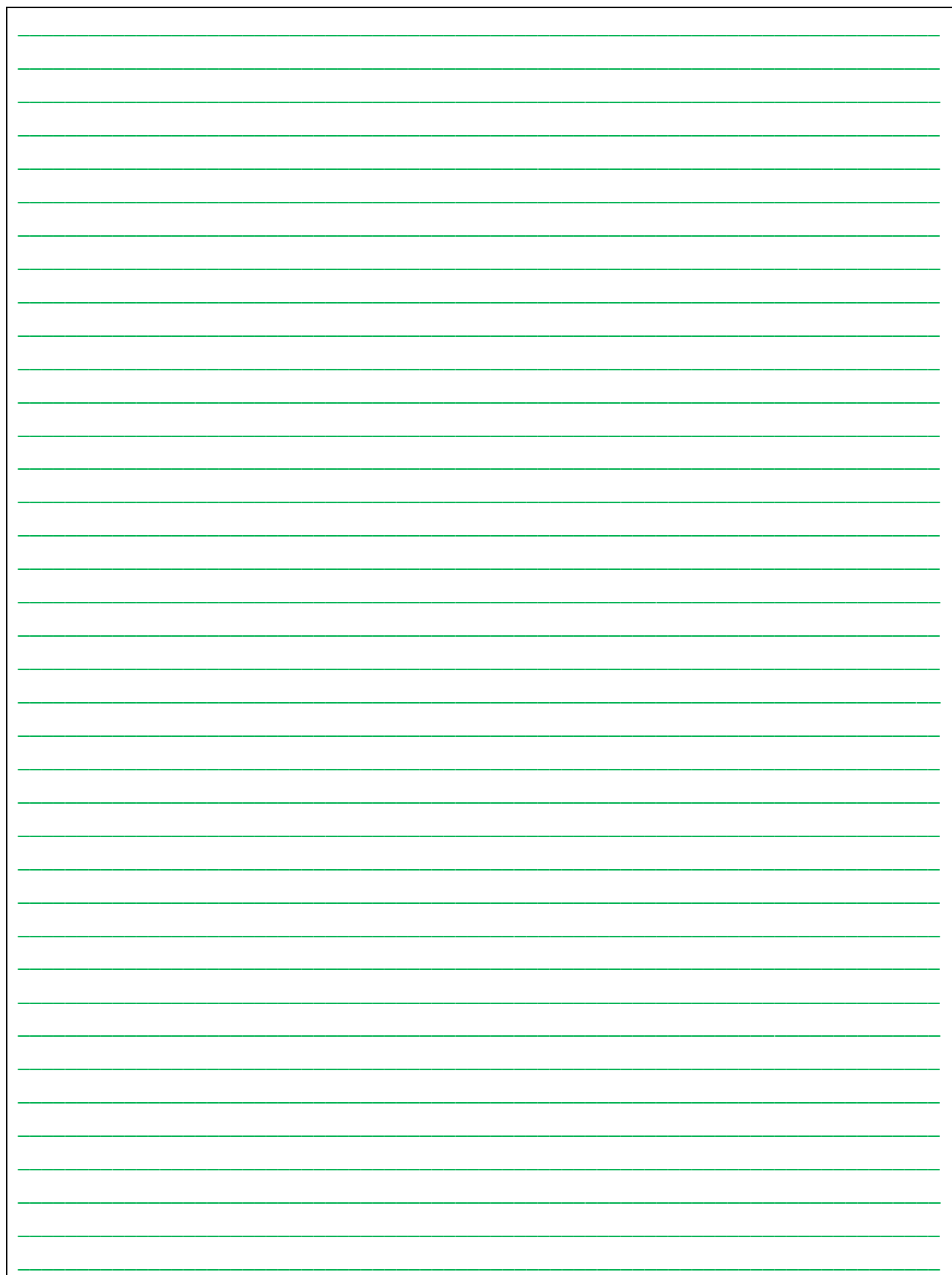
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**Question Two**

**Do I willingly volunteer for jobs to help solve the problems in the school or do believe that it is not my job?**

[illegible]

[illegible]

[illegible]



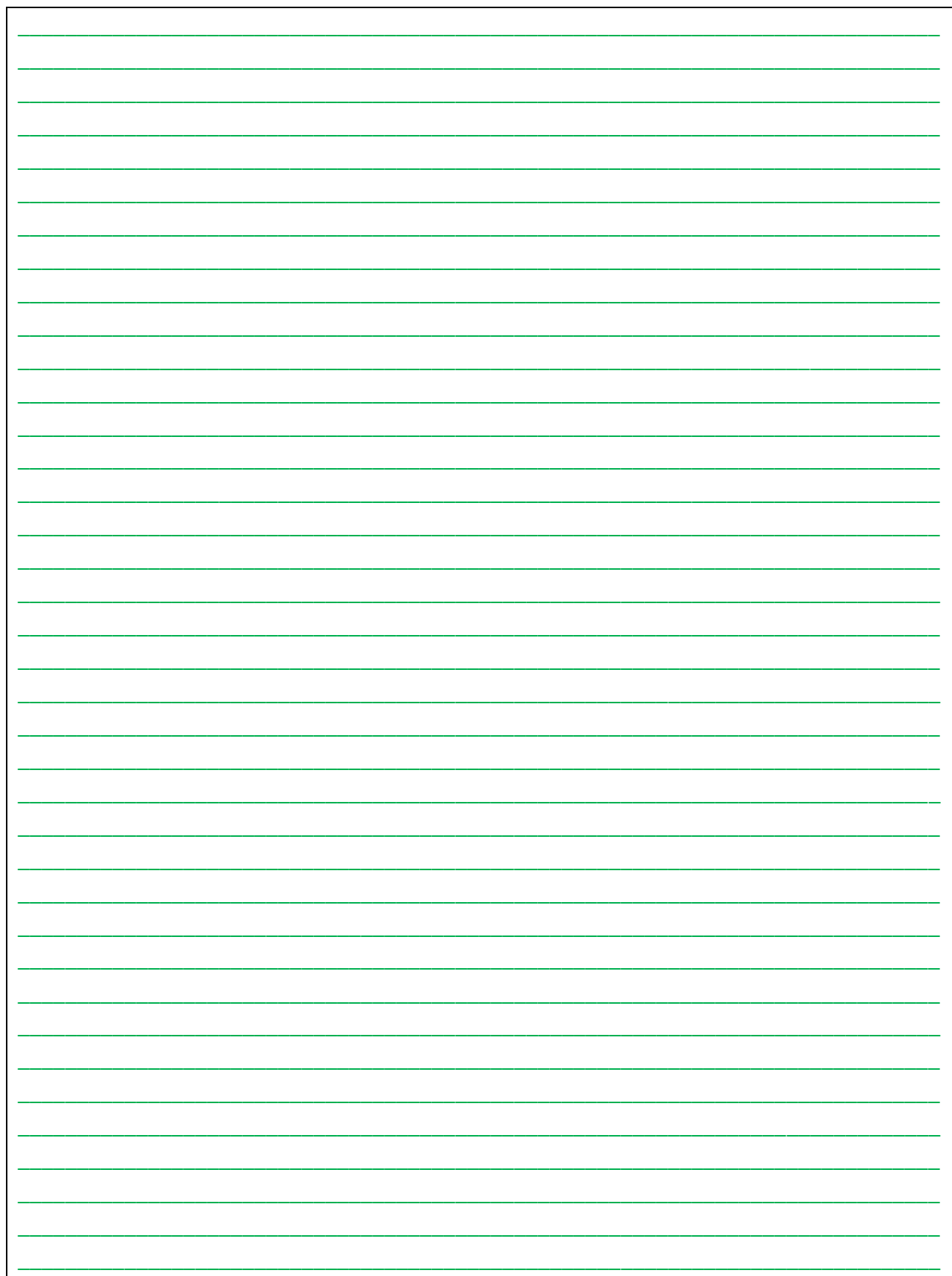
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<b>Category Five – Self Control</b>	
<b>Question</b>	
<b>Do I have anger issues and try and control others such as students, other teachers or even administration with the use of intimidation and fear?</b>	

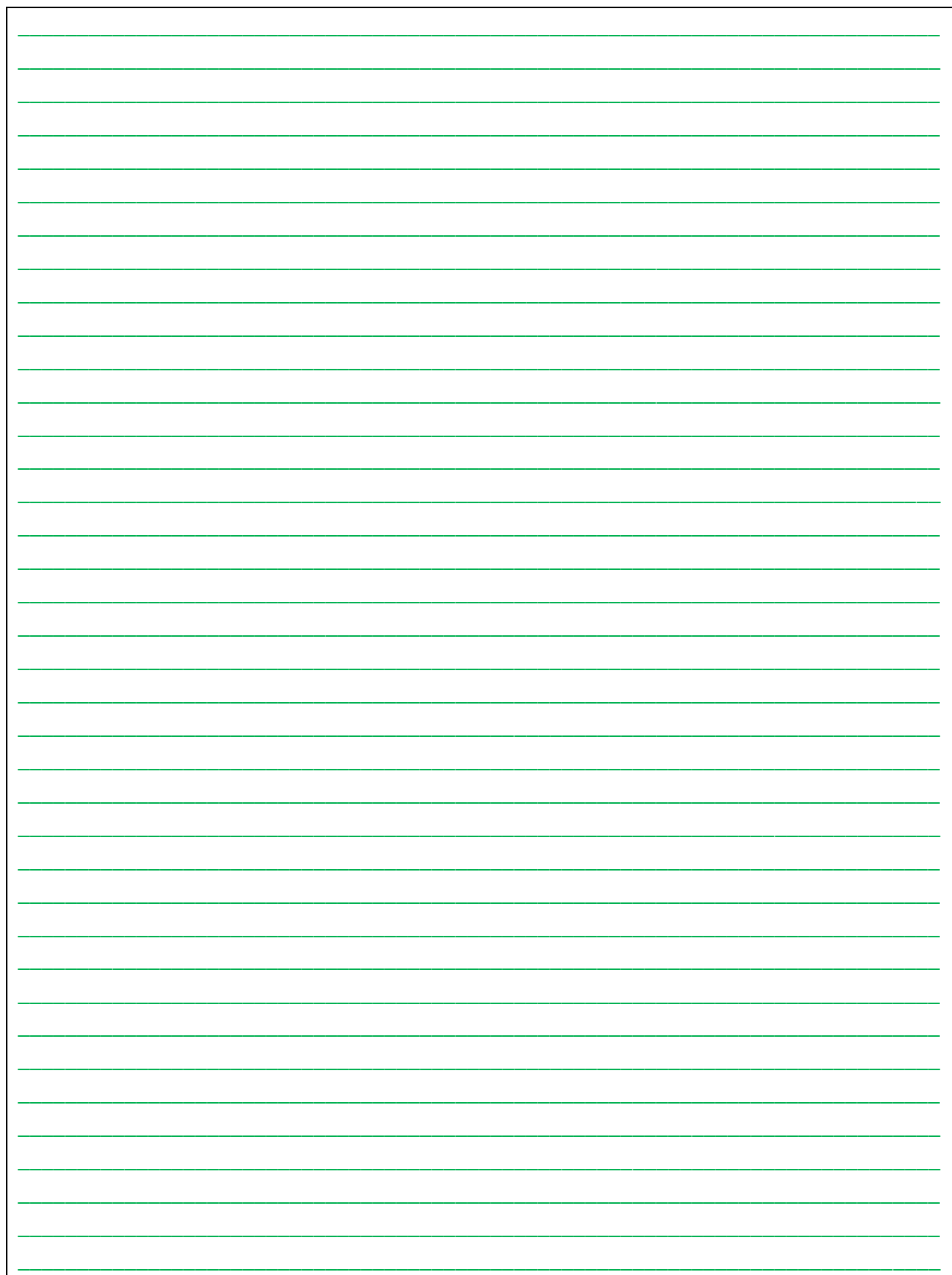
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**Category Six – Forgiveness**

**Question One**

**Do I hold grudges and have problems forgiving others?**

## This image shows a blank sheet of white paper designed for writing. It features a series of evenly spaced horizontal blue lines across its entire width. A single vertical red line runs down the left side of the page, creating a narrow margin. The paper is otherwise completely empty, with no text or other markings.

### Do I hold grudges and have problems forgiving others?



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[illegible]

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**Question Two**

**Do I have the ability to realize when I have been wrong and ask students, other teachers, or administration for forgiveness?**

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**Category Seven – Self Care**

**Question**

**Do I have a plan for taking care of myself physically, mentally, emotionally, and spiritually?**

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**Other Questions I Might Want To Consider**

**Question One**

**Do I like my students or do I often say “I like you but don’t like Your behavior**

[illegible]

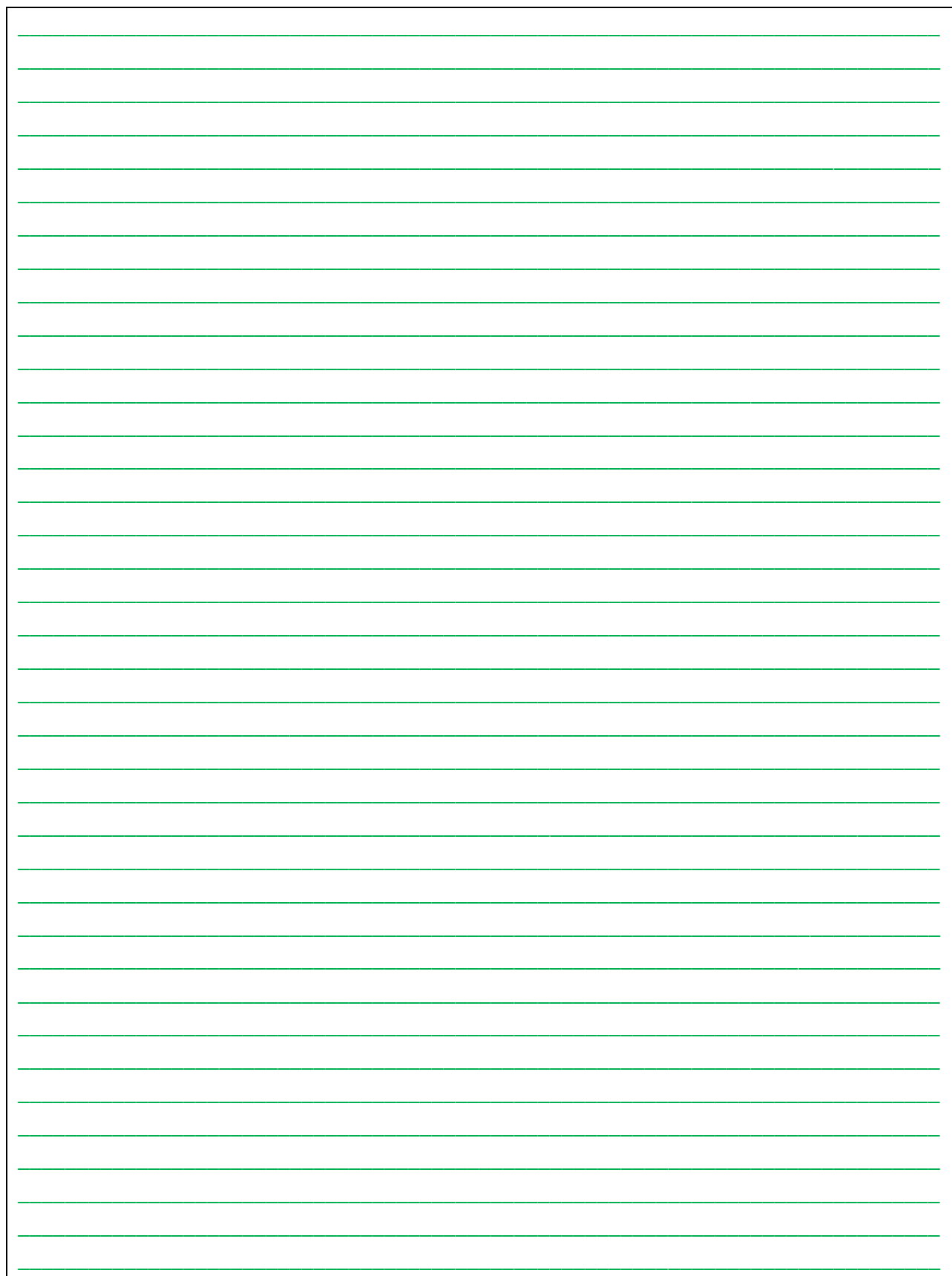
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[illegible]

[illegible]



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**Do I know how to practice empathic listening?  
Or do I listen to respond not to understand**

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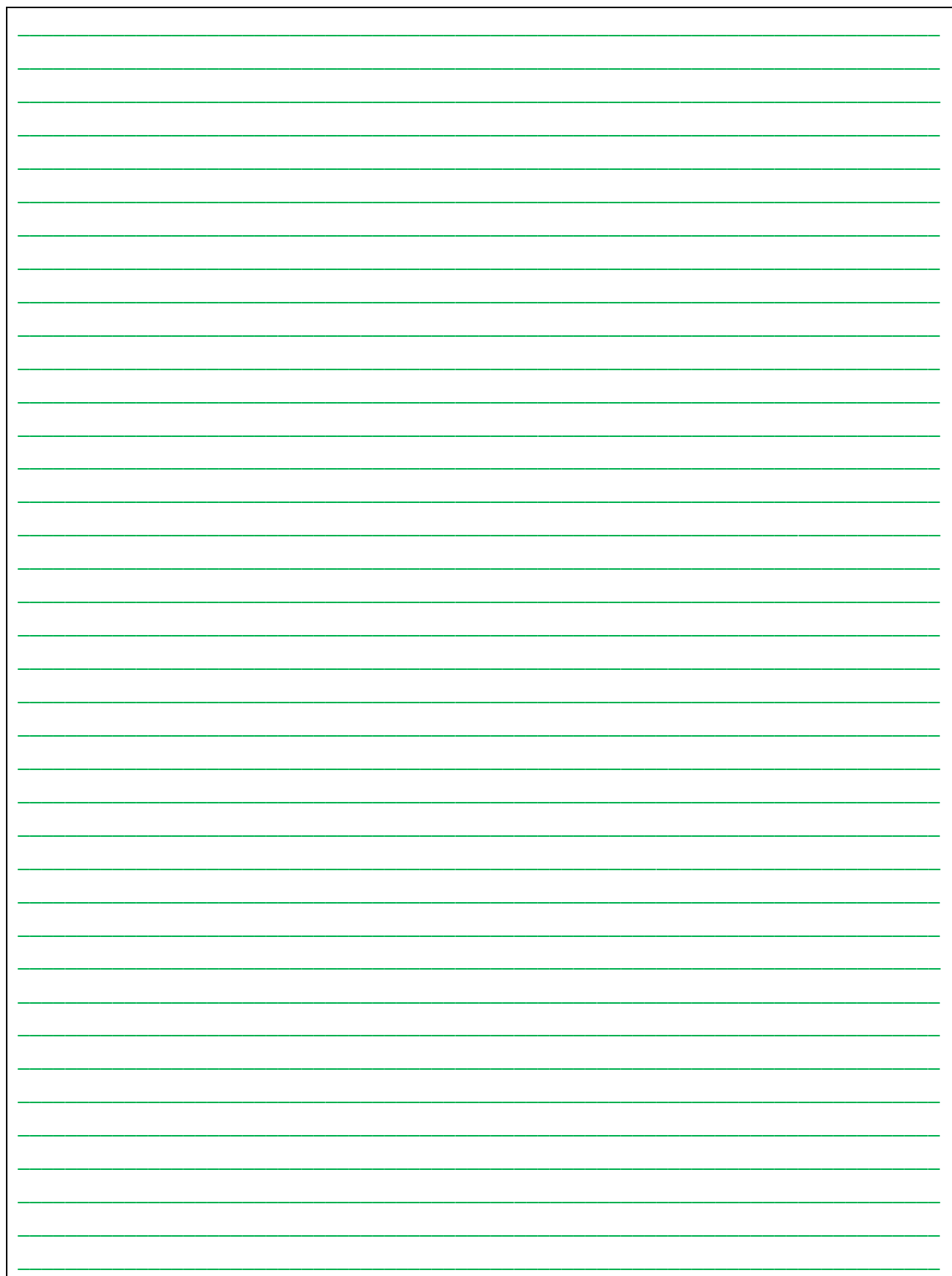
[illegible]

**Do I know how to cooperate even though I might disagree?**

[illegible]



[illegible]



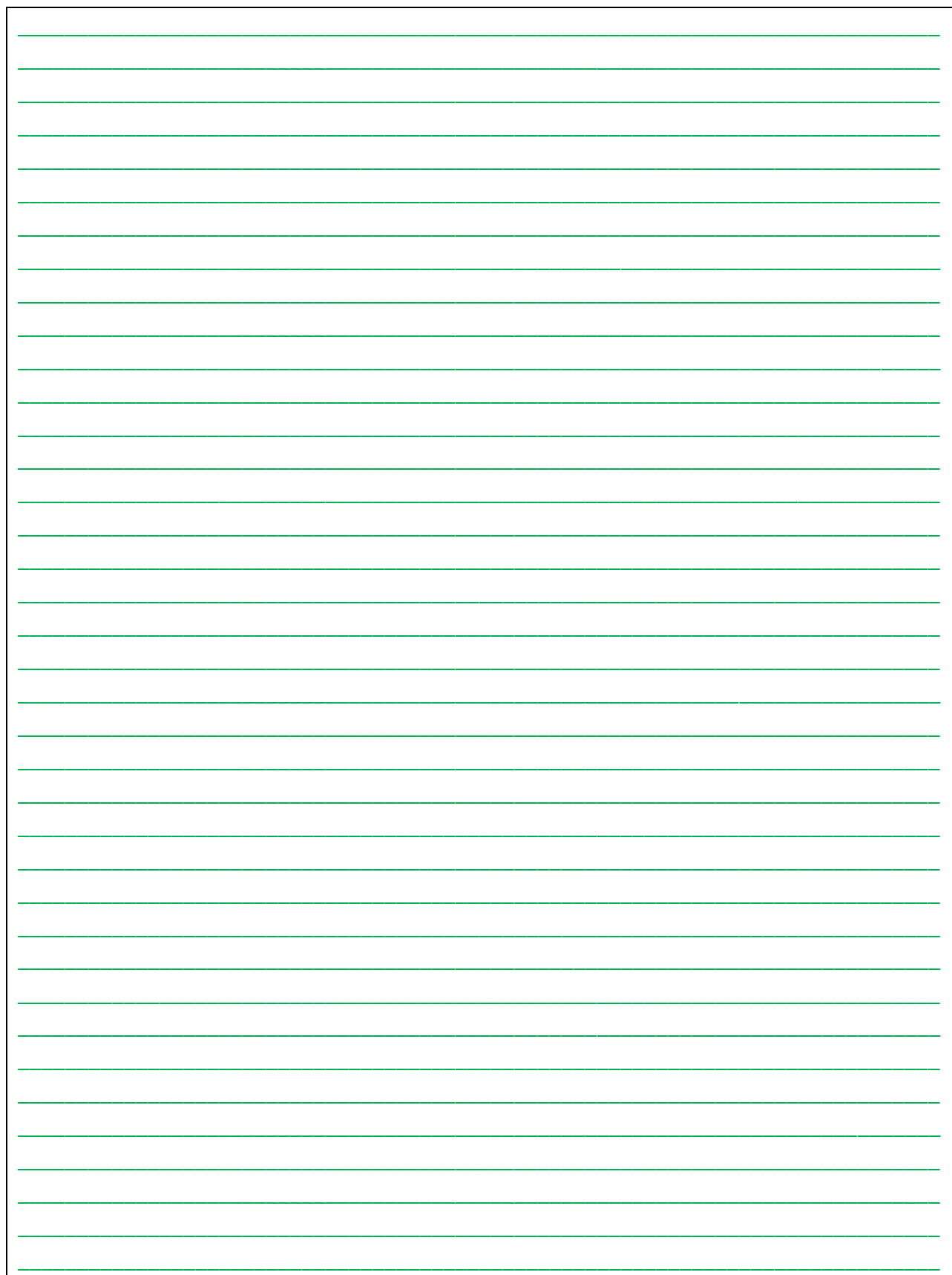
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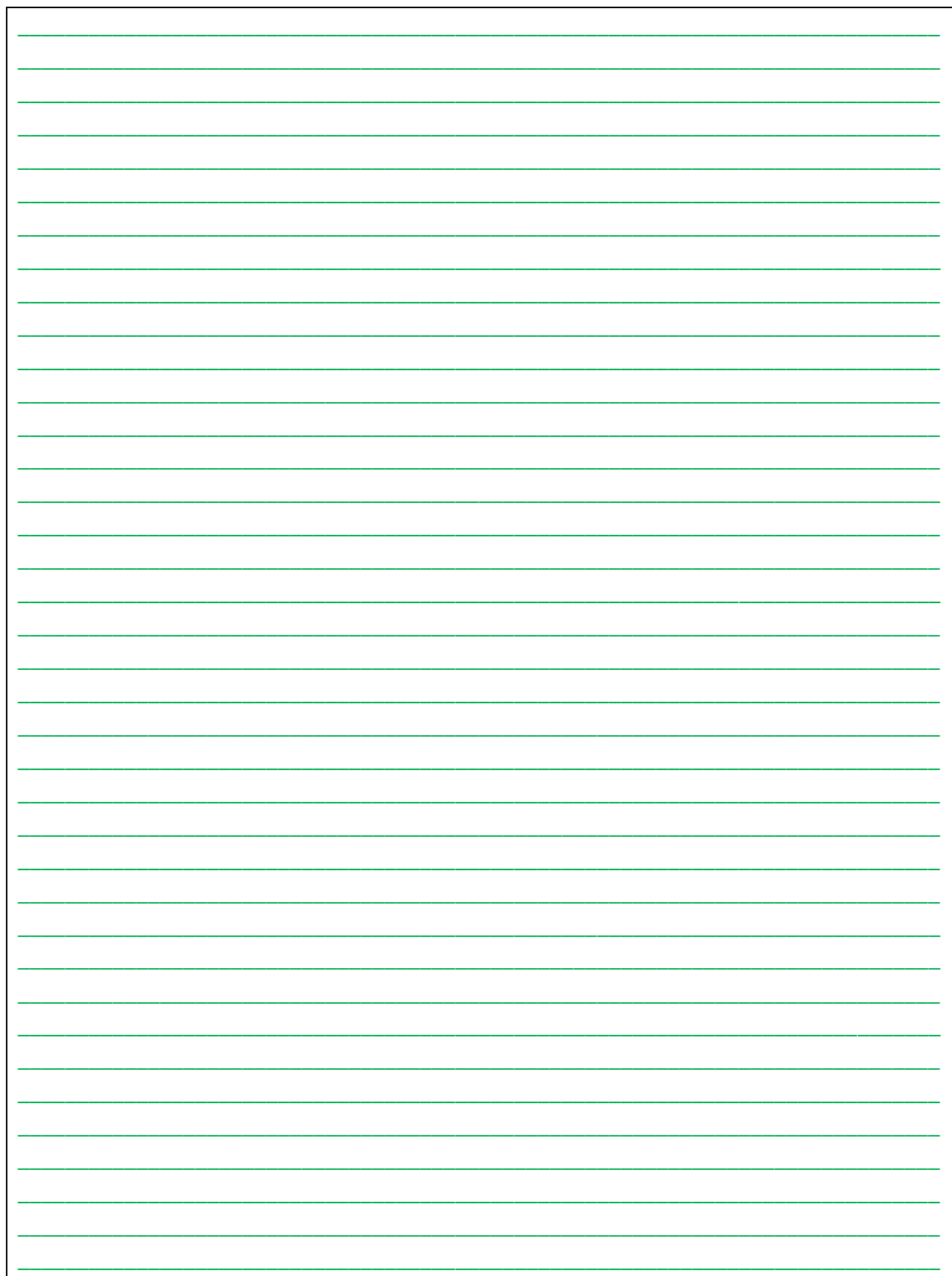


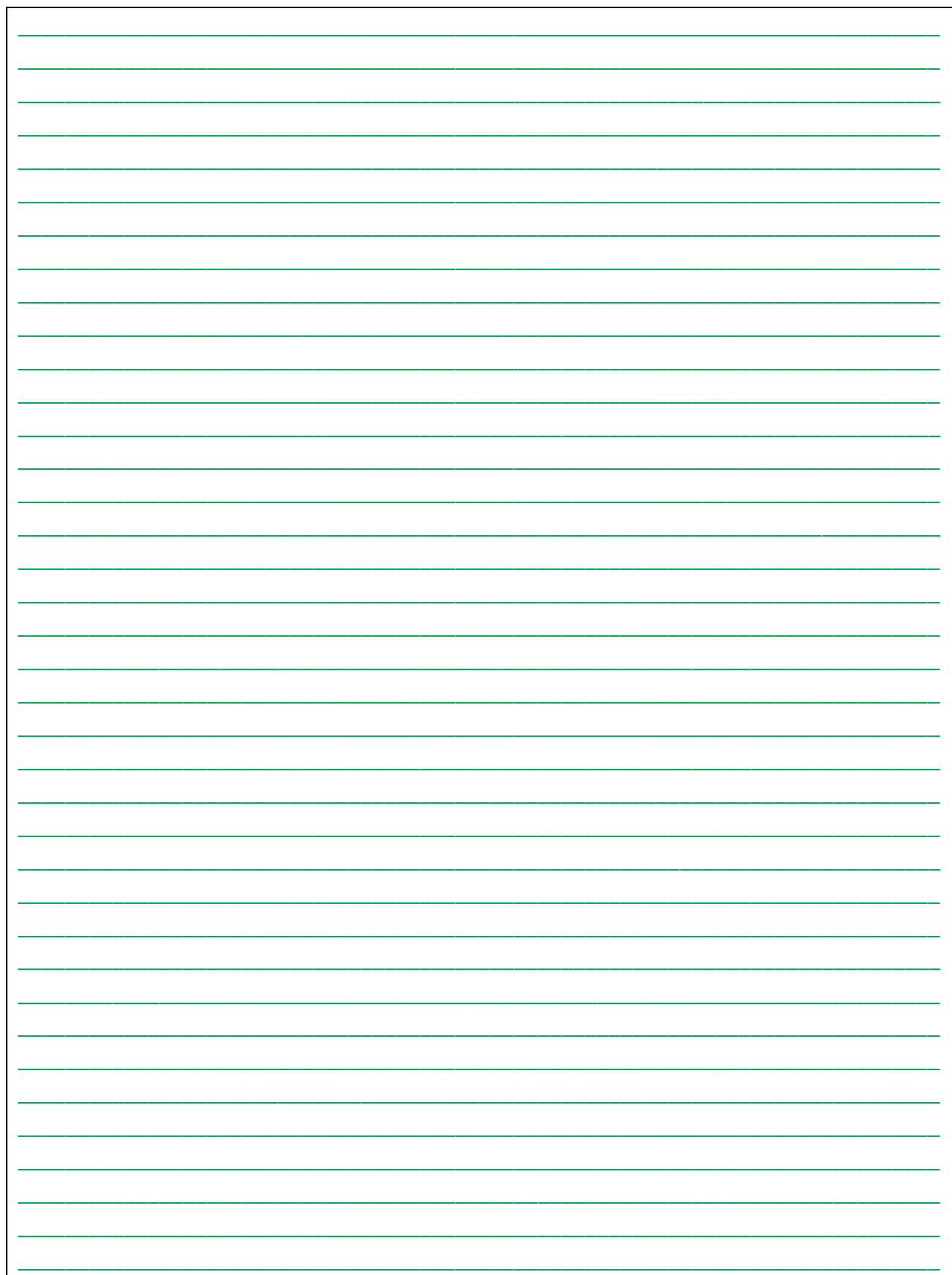
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My Notes

[illegible]

[illegible]





## **About Jim Burns**

Since 1977 Jim Burns has been working with students who have learning disabilities and behavioral problems. He has almost 40 years of experience working as an administrator, teacher, college instructor, and a seminar leader. He is committed to helping administrators, parents, and teachers establish standards of excellence and to help them build successful relationships with their staff, students, and children. He has written and designed The Bully Proof Classroom, a graduate course that is offered at The College of New Jersey and Gratz College in Pennsylvania in partnership with The Regional Training Center and is endorsed by the New Jersey Education Association. Jim was awarded the degree of Doctor of Humane Letters in recognition of his work in the area of anti bullying. He has also written several books on the topic of anti bullying and classroom climate. “Anti Bullying 101” is a great resource for teachers, administrator, support staff, and parents as it provides permanent help in dealing with unruly behavior and can be used as part of any anti-bullying program. He is available for on sight in-services and keynotes.

