

My Personal Teaching Map

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This contribution provides a step-by-step guide to create your personal teaching map. The map aims to visualize your different working fields and could help to self-coach, reflect and document your work. While creating your map you can choose several topics, visual aspects and items on your own:

- Choose your own teaching fields within the criteria of topic, format and target group.
- Sketch the size of the fields (depending on the workload of the field).
- Emphasize the fun factor with different colours (lots of/medium/not so much).
- Highlight the financial factor with different amounts of money symbols (well-paid/moderate-paid/low-paid).

Follow the Step-by-Step Guide

The map, created here, is a made up example. There is a template of the value system and the field categories, which you can print out and use for your own drawing. You may also use a blank sheet of paper.

①

Before you start, have a look at the possible topics and the value system.

②

Take a blank sheet of paper and four pens (black, green, blue, red).



— Step 2 – My Personal Teaching Map, photo by Julian Bauer

③

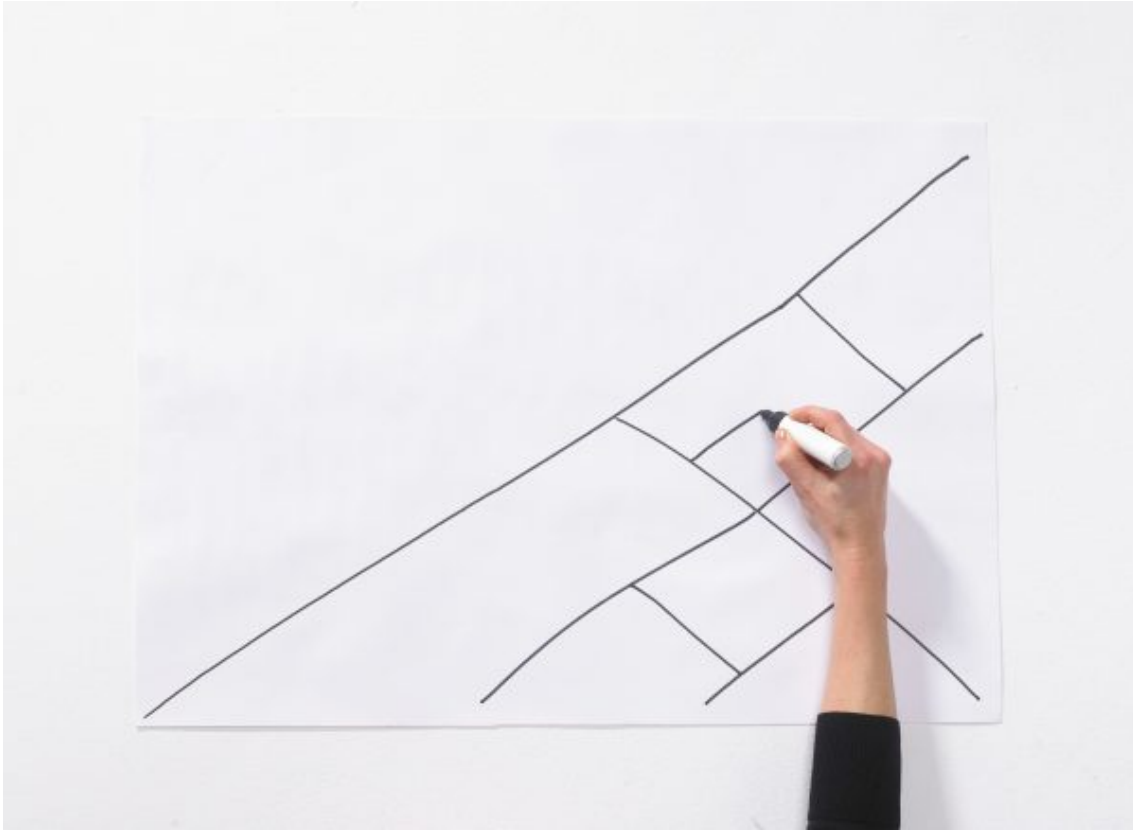
Draw a diagonal line and separate the page into two fields.



— Step 3 – My Personal Teaching Map, photo by Julian Bauer

④

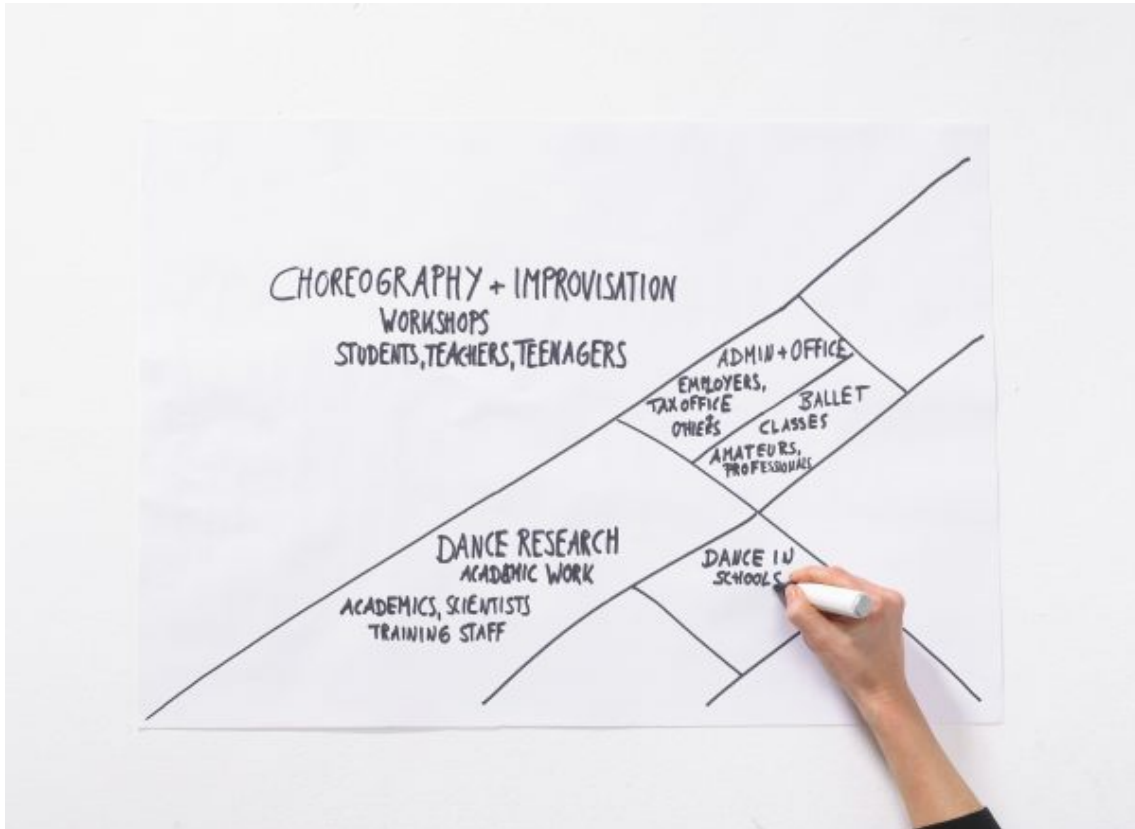
Separate each line you drew by half.
Continue as much as you need.



— Step 4 – My Personal Teaching Map, photo by Julian Bauer

⑤

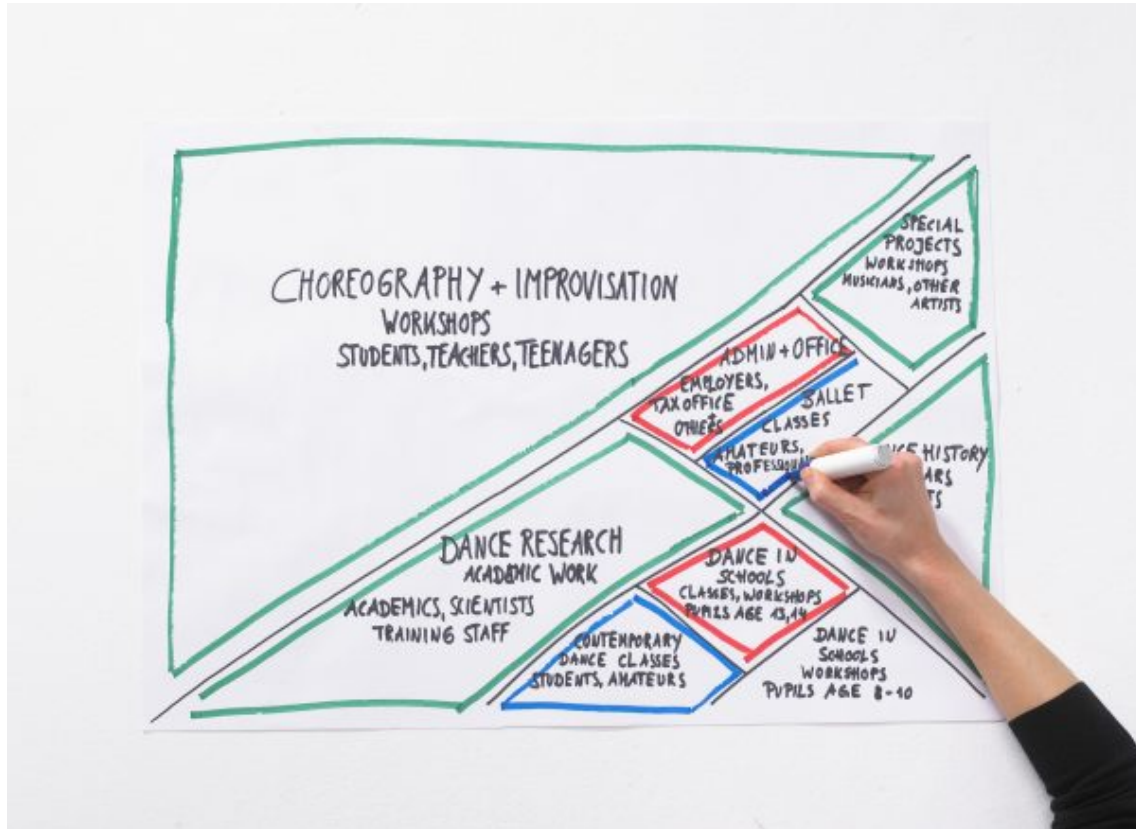
Name the fields with a topic, format and target group according to the workload.



— Step 5 – My Personal Teaching Map, photo by Julian Bauer

⑥

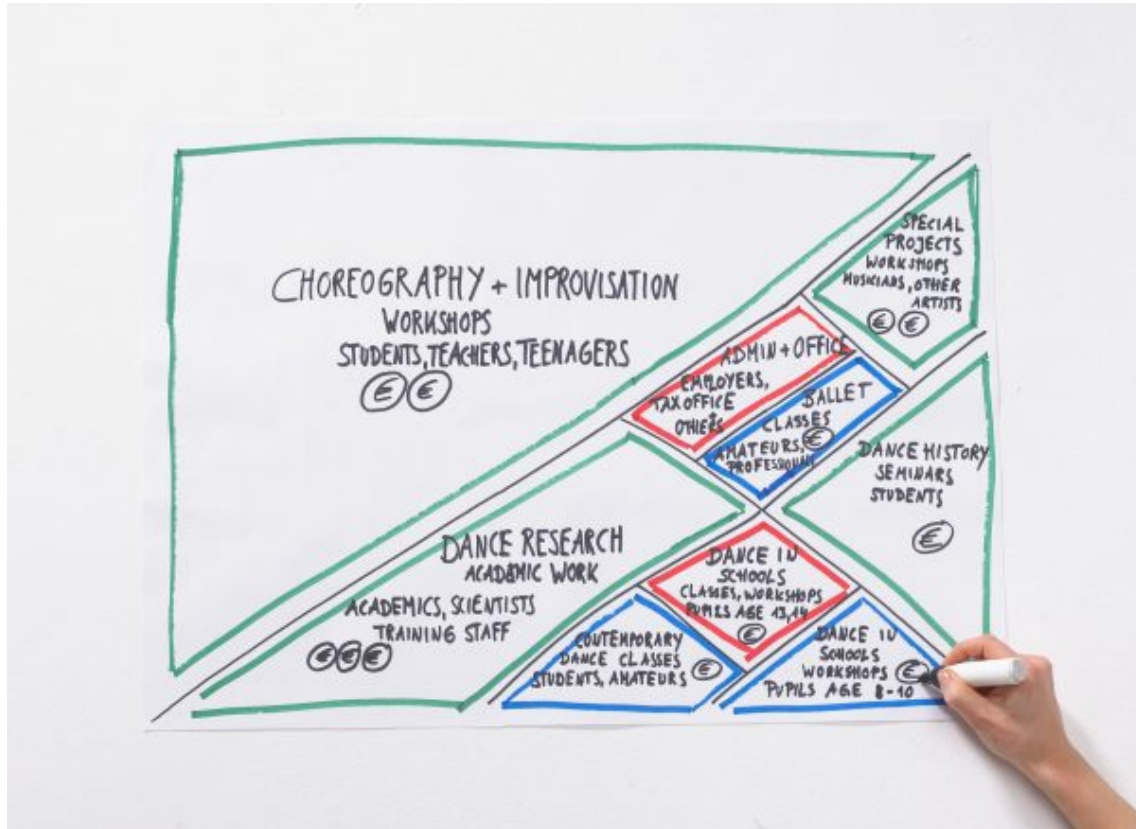
Frame the fields with a colour (green, blue or red) according to the fun factor.



— Step 6 – My Personal Teaching Map, photo by Julian Bauer

⑦

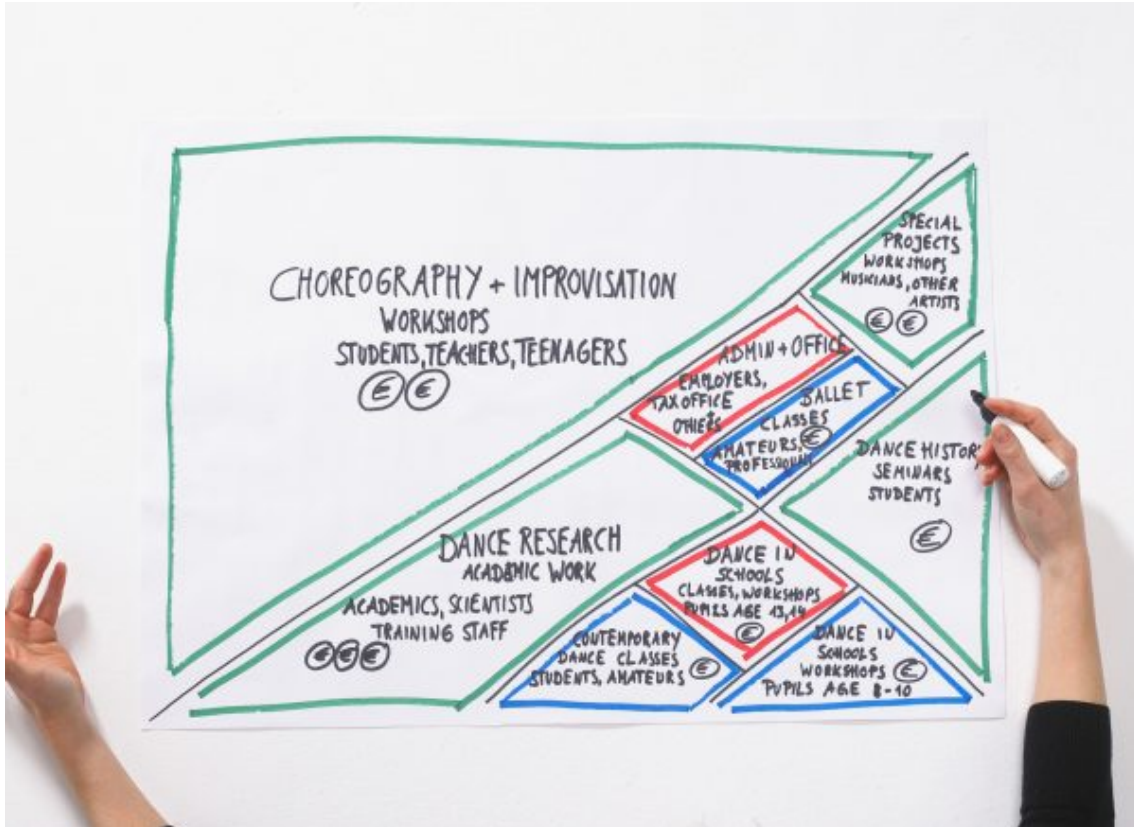
Mark the fields with the appropriate money symbols.



— Step 7 – My Personal Teaching Map, photo by Julian Bauer

⑧

Look at your map and analyze it. Do you like it? Do you want to change something?



— End — My Personal Teaching Map, photo by Julian Bauer

After Realising the Step-by-Step Guide

Look at your map in a curious and friendly manner. You will see how the balance of workload, finance and fun factor in your teaching (life) fit together. What do you see? If you want to change something, ask yourself beforehand, why the map looks the way it actually does. What are the reasons for your decisions? Even if you are not satisfied, think of possible improvements. Probably you had good reasons for your decisions. In systemic counselling,¹ it is known that the solution is often part of the problem and if you change one thing, it has consequences to every other part of the system. Consequently, the map helps to discover motivations that sometimes seem so natural for us and we don't even recognize them. Maybe there is a lot of fun, but the financial results are inadequate. Still, there is the everlasting value of having created something unique. If the financial factor is adequate but the fun is not, you can then improve the fun quality: Could you shift the content or format of your class in order to make it more suitable also for your own interests?

Use the process of creating your personal teaching map as a self-coaching tool: Do I like my teaching map? What do I want to teach more? What less? What do I want to change? If you want to change your situation, make a list of how you could do that.

You can repeat the step-by-step guide after some months and evaluate what has actually changed... Go ahead, it's worth a try!

NOTES

1. *Systemic Counselling or Systemic Therapy* is a method of Psychotherapy, which deals with interactions in groups and their patterns and dynamics. See: counselling-directory.org.uk/family-therapy.html