

Annual Learning Plan

Trent University School of Education & Professional Learning

Teacher Candidate _____ Lisha Shi _____ Date _____ Sept 25, 2022 _____

Goal: (Specific, Measurable, Attainable, Realistic)

To develop strategies to integrate social-emotional learning into daily lessons and activities throughout at least three subjects.

Rationale: (Why is this goal realistic and appropriate?)

I have been placed in a school located in a high-poverty neighbourhood. During my observation week, I noticed that a lot of the students in the class had high anxiety when it comes to learning. They could not regulate their emotions and calm down when encountering challenges. My Associate Teacher (AT) told me that lots of the parents have been suffering from their own mental health issues.

I believe that social emotional learning holds great importance in a classroom like this. Without being able to regulate their emotions, students cannot go anywhere further with their academic performance.

Strategies: (What are you going to do to achieve your goal?)

- Read more books and attend workshops related to social emotional learning for teachers
- Talk to my AT and Practicum Advisor about different resources of social-emotional learning in classroom
- During practicum, integrate at least one instructional strategy of social-emotional learning into my teaching on a daily basis.
- Ask my AT for feedback on the strategies I have implemented
- Reflect on students' learning of social emotional skills at the end of each week. Think about what works, what does not work and how to improve.

Timelines: (When?)

- Sept 2022- Nov 2022
- Nov 2022- Dec 2022
- Feb 2023- April 2023

Support and Resources: (Consider print, non-print, human, course work etc.)	
<p>PLE course notes and the textbook</p> <p>Course Instructors</p> <p>Practicum Advisor</p> <p>AT</p> <p>Classmates</p> <p>Book Resources: <i>Planting Seeds:</i></p> <p>1. <i>Practicing Mindfulness with Children</i> By Thich Nhat Hanh</p> <p>2. <i>Classroom Management Matters: The Social-Emotional Learning Approach Children Deserve</i> By Gianna Cassetta and Brook Sawyer</p>	
Indicators of Success: (How will you know when/if you reach your goal?)	
<p>I know I am successful</p> <ul style="list-style-type: none">• When the students can identify their various emotions, especially when they feel frustrated and upset.• When the students can reach out to either their peers or the teachers (my AT and me) for help when they face difficulties or feel upset.• When students successfully use at least one strategy to regulate their emotions and remain calm when they feel frustrated. Strategies could be like going to a quiet zone, finger breathing, noise-canceling headphones, reading a book, and colouring.• When most of the students follow the instructions of practice mindfulness without reminders.	