

Video Reflections

Using video recording as a teaching tool can be a powerful and effective way to improve the teaching and learning experience for both educators and students. Video provides an objective and unbiased view of classroom dynamics and teaching techniques. Teachers can analyze their lessons without the distractions or biases that may occur during live observations.

Goal

To foster a culture of continuous learning and support educators in providing the best possible learning experiences for their students.

Process

Record up to 15 minutes and share short clips of the classroom video to review separately with teachers and facilitate reflection questions for improving instructional practices. Repeat as necessary throughout the year to document progress throughout the year.

Watch the video

- Plan to watch the video in one sitting.
- Take notes on what you find interesting. Write the time stamp from the video if you need to go back to review.
- People watching themselves on video are often hard on themselves. Make sure to note something positive/effective during the video to share with the teacher.
- Review your notes and make choices about what you want to discuss.
- Enjoy the experience.

Sample Reflection Questions for Goal Setting

- On a scale of 1 to 10, how close was your lesson to your ideal?
- What would have to change to make the class closer to a 10?
- What would the students be doing?
- What would that look like?
- How would we measure that?
- Do you want that to be your goal?
- Would it really matter to you if you hit that goal?
- What teaching strategy will you try? (For new teachers a coach may need to provide a menu)

Knight, Jim. Focus on teaching: Using video for high-impact instruction. Corwin Press, 2014.

Forms found on next page can also be downloaded at <https://resources.corwin.com/impactcycle/student-resources/chapter-2-identify-getting-a-clear-picture-of-reality>

Coach

Real Stories, Reflective Moves, and Practical Tools

Forms for review depending on goal. Forms are designed for teacher's to self assess how they are progressing according to their goals. Forms can be adjusted alongside teachers to show indicators of other goals as well as the ones listed below.

Date: _____

After watching the video of today's class, please rate how close your instruction is to your ideal in the following areas.

Watch Yourself	NOT CLOSE				RIGHT ON		
My praise to correction ratio is a least 3-to-1 ratio.	1	2	3	4	5	6	7
I clearly explained expectations prior to each activity.	1	2	3	4	5	6	7
My corrections are calm, consistent, immediate, and planned in advance.	1	2	3	4	5	6	7
There was very little wasted time during the lesson.	1	2	3	4	5	6	7
My questions are appropriate for the learning occurring.	1	2	3	4	5	6	7
My learning structures were effective. <i>stories, cooperative learning, thinking devices, etc</i>	1	2	3	4	5	6	7
I used a variety of learning structures effectively.	1	2	3	4	5	6	7
I clearly understand what my students know and do not know.	1	2	3	4	5	6	7

Date: _____

After watching the video of today's class, please rate how close the behavior of your students is to your goal in the following areas.

Watch Your Students	NOT CLOSE				RIGHT ON		
Students were engaged in learning (at least 90% engagement is recommended)	1	2	3	4	5	6	7
Students interacted respectfully.	1	2	3	4	5	6	7
Students talked about learning an appropriate amount of time.	1	2	3	4	5	6	7
Students rarely interrupted each other.	1	2	3	4	5	6	7
Students engaged in high-level conversations.	1	2	3	4	5	6	7
Students clearly understand how well they are progressing (or not).	1	2	3	4	5	6	7
Students are interested in learning activities in the class.	1	2	3	4	5	6	7