Briefly explain the purpose/focus of the lesson you have videotaped. What is your role as the teacher (i.e. facilitating discussion, transmitting knowledge, working with students individually or in small groups, etc.)? What are you expecting from your students during this lesson (i.e. to participate in discussion, to work independently, to contribute to a small group activity, etc.)?

Looking at Myself as My Students See Me … Listed below are elements related to your stance and delivery when teaching. Comment on at least three that you note as either a strength or weakness of yours as you watch the videotape.

Pace … do I talk too fast, too slow?  
Volume … do I talk too loud, too soft?  
Tone … what is the tone of my voice?  ... authoritative, pedantic, kind, commanding, boring, exciting, too exciting, too businesslike, too authoritative, too kind, etc.  
Vocabulary … what level of language do I use with my students?  too simplistic?  too complex for them to follow me?  do I use slang?  do I overuse any particular word or phrase?  
Articulation & Enunciation … Can my students understand what I am saying?  Do I slur my words or talk so fast that they can’t follow what I’m saying?  Do I make any pauses or any other utterance that detract from getting my point across?  Do I say “like” or “um” too much?  
Stance … Do I stand tall and straight?  Do I hunch over?  Do I have any habits that detract from my presence … such as twirling my pencil or moving my hands in a predictable and obvious way?  
Demeanor … Do I “look” approachable?  Do I look nervous or uncertain or uncomfortable (even though I may be feeling these things inside)?  
Dress … Am I dressed appropriately?  Do I look like a professional?  Do I look like I took a shower and combed my hair before going to school today?
Looking at My Students as My Students Learn From Me …

Note the actions of the students during the lesson. What do you see? How are they responding to you and the activity you have planned? Who is participating? Who is not?

Note your interaction with students. What are your tendencies as you interact throughout the lesson? Teacher talk vs. Student talk—is it an appropriate amount? Are you interacting with all students? Do you ask/answer questions of all students? Do you teach to one side of the room more than the other? Are girls and boys evenly represented in your interactions during the lesson? What about shy students or students who struggle with school work? How do you interact with them? (It’s not necessary to answer all of these prompts, but choose the ones that seem appropriate to your own taping/viewing.)

Overall, what have you taken away from watching yourself teach? In other words, what is the most important observation you made or the most interesting thing you discovered about yourself, your students, your classroom?