

**DESCRIBE... *What happened? What did I do?***

- succinctly describe what occurred ('verbal snapshot' – factual)

**CONSIDER PERSPECTIVES... *Why did I act/respond in this way? How did this make me feel?***

***How were others affected?***

- consider own values/assumptions informing your action/response (What were you thinking/feeling... why?)

- consider others' perspectives (What may have been going through the minds of others involved in the situation?)

**UNDERSTAND... *What do I now understand about myself as a teacher? What has informed my understanding?***

- make links to literature, theory, and discussions with your associate teacher and other colleagues

**ACT... *What actions could I have taken? Why? What action/s will I take in future?***

- consider different possible actions, then briefly outline your selected action plan

