



REFLECTIVE ESSAY

Public speaking has always been a daunting task for me. As an introverted person, I tend to shy away from large crowds and prefer to keep to myself. However, in my professional life, I have had to face my fear of public speaking and learn to communicate effectively with others. In this reflective essay, I will discuss my experience with public speaking, the challenges I faced, and the lessons I learned.

My first experience with public speaking was in college when I was asked to give a presentation in front of my class. I remember feeling nervous and anxious, worrying about forgetting my lines and making a fool of myself. However, as I practiced my presentation and received feedback from my classmates, I began to feel more confident in my ability to communicate effectively. This experience taught me the importance of preparation and practice in public speaking, and I realized that the more I practiced, the more comfortable I became.

As I entered the workforce, I was required to give presentations to colleagues, clients, and stakeholders. This was a challenging experience for me as I had to speak in front of people who held different levels of expertise and had different expectations. I found it difficult to strike a balance between presenting technical information and keeping my audience engaged.

However, I learned that the key to effective communication is to know your audience and tailor your message to their needs. By doing so, I was able to gain their trust and establish myself as a credible source of information.

Another challenge I faced was managing my nerves and anxiety during public speaking. I found that deep breathing exercises and visualization techniques helped me to calm my nerves and focus on the task at hand. I also learned to embrace my nervous energy and channel it into positive energy, which helped me to connect with my audience and convey my message with confidence.

In conclusion, my experience with public speaking has been a journey of self-discovery and growth. Through trial and error, I have learned that effective communication is a skill that can be honed through practice and preparation. I have also learned the importance of knowing your audience, managing nerves and anxiety, and embracing your unique style of communication. While public speaking may still be a challenge for me, I now feel more equipped to handle it and look forward to the opportunities it presents for personal and professional growth.

Reflective Essay Assignment High School

Patrick Sullivan



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Your First Year As a High School Teacher Lynne Marie Rominger, Suzanne Packard Laughrea, 2009-03-25 Survive Thrive in the Classroom From Day One Teaching high school students is the toughest job you ll ever love Of course often it is an acquired love You must learn to manage your students education and play parent counselor police officer and mentor Wow Now relax it doesn t have to be overwhelming With a little preparation you can ensure that you and your students get the most out of your time in the classroom and enjoy it Full of real world advice and answers for the complex issues facing today s high school teachers this down to earth and witty book will teach you how to create an atmosphere of cooperation learning and respect within your classroom Use this helpful guide as your personal mentor to achieve a successful and satisfying career as a high school teacher Earn straight A s your first year by knowing how to Create an attention grabbing and interactive teaching environment Manage difficult students and unique teenage problems Communicate educate and have fun with your students Balance the demands of old school administrators and pushy parents Fairly assess grade and evaluate students Develop effective and engrossing lesson plans Straightforward up to date and engaging I ve seen a lot of resource books for new teachers and this is the best of the bunch Wendell Geis continuing education administrator University of California Davis

Reflection-in-Motion Jaclyn Fiscus-Cannaday, 2025-05-23 Reflection in Motion considers how reflective practice is embedded in daily course happenings centering the experiences of students and teachers in Minority Serving Institutions to amplify underrepresented viewpoints about how reflection works in the writing classroom Jaclyn Fiscus Cannaday examines how its availability is subject to teacher student power dynamics the literacies welcomed or not in the class the past and present pedagogies that students are engaging with and attending to and the interactions among humans materials and emotions within the rhetorical context She adopts an intersectional feminist perspective for an inclusive view of how practitioners name identify and practice reflection in the everyday moments of writing classrooms Fiscus Cannaday invokes a Black feminist qualitative research method that Venus Evans Winters calls a mosaic When researchers collect both traditional and nontraditional texts to create a full view of students and teachers interviews at three institutions a Hispanic Serving Institution a Historically Black College and University and an Asian American Native American Pacific Islander Serving Institution she finds that practitioners often build definitions from past experiences with reflection and then use those definitions as terministic screens to decide if an activity can be named identified and practiced as reflection These definitions hold different rhetorical effects reflection for introspection reflection for learning reflection for mindfulness and reflection for awareness Reflection is used for these different rhetorical effects but because classrooms so often focus on the Westernized view and its emphasis on growth reflection has the underused and undertheorized potential rhetorical effect of helping students investigate their identities and positionalities acknowledge deep rooted ideologies and consider new perspectives so they can better work across difference Reflection in Motion will inspire teachers and writing program

administrators to listen to how students define and practice reflection and why thus making room for more capacious definitions of reflection and student centered practices of what reflection can do and be

Writing and Growing Timothy Horan, 2022-07-11 In this book Dr Timothy Horan presents an original and highly effective writing program whose major goal is to transform high school students into accomplished writers and mature young adults This writing program is innovative rigorous and engaging and was designed with high school students in mind This volume contains a total of twenty original writing projects that represent creative and innovative interpretations of Common Core Writing Standards These projects focus on the worlds of contemporary secondary students exploring such topics as technology literature goals for the future and potential careers Each assignment in this book is full and complete and includes a reproducible outline that presents the assignment to students in a simplified graphical format As students progress through this program they will encounter engaging writing projects that foster growth and anticipate the changes occurring in students lives during this time of development and transition It will also prepare students for the rigors of writing in college career and the unwritten future that awaits all of them Finally Dr Horan issues a call for every secondary school in the United States to create and implement courses singularly devoted to the craft of writing and this book contains the curriculum for that course

Resources in Education, 2000-10

Wise Social Studies in an Age of High-Stakes Testing Elizabeth Anne Yeager, O. L. Davis, 2005-08-01 The chapters in this volume illustrate how teachers are bringing creativity higher order thinking and meaningful learning activities into particular school settings despite pressures of standards and testing We chose the word wise for the title of this book and we use it frequently to describe the pedagogical practices we have identified The words powerful and ambitious are used as well The larger point as Keith C Barton makes in his chapter is that there is no necessary connection between content standards and high stakes tests on the one hand and lowlevel rote instruction on the other He reminds us as Thornton 1991 and Wiggins 1987 previously have argued that teachers play a crucial role in mediating educational policy and their intentions and interpretations have at least as much influence on classroom practice as does the content of standards and highstakes tests Barton also asserts that this makes it all the more crucial to identify the wisdom of practice that enables teachers to engage students in powerful educational experiences

Teaching Writing in High School and College Thomas C. Thompson, 2002 Contains fifteen essays in which the authors explore the possibility of partnerships and exchanges between high school and college instructors with the goal of improving the ability of students to succeed at college level writing tasks

A New Writing Classroom Patrick Sullivan, 2014-07-15 In A New Writing Classroom Patrick Sullivan provides a new generation of teachers a means and a rationale to reconceive their approach to teaching writing calling into question the discipline s dependence on argument Including secondary writing teachers within his purview Sullivan advocates a more diverse exploratory and flexible approach to writing activities in grades six through thirteen A New Writing Classroom encourages teachers to pay more attention to research in learning theory transfer of learning

international models for nurturing excellence in the classroom and recent work in listening to teach students the sort of dialogic stance that leads to higher order thinking and more sophisticated communication The conventional argumentative essay is often a simplistic form of argument widely believed to be the most appropriate type of writing in English classes but other kinds of writing may be more valuable to students and offer more important kinds of cognitive challenges Focusing on listening and dispositions or habits of mind as central elements of this new composition pedagogy A New Writing Classroom draws not just on composition studies but also on cognitive psychology philosophy learning theory literature and history making an exciting and significant contribution to the field

Black History & Culture Activities and Lesson Plans

Stella Tartsinis,2024-10-05 The activities and lesson plans combine cultural exploration with creative and interactive learning methods Also included are comprehensive approaches to teaching slavery and the Civil War The focus is on personal stories key events and the broader social and political context

Video Reflection in Literacy Teacher Education and Development

Evan Ortlieb,Mary B. McVee,Lynn E. Shanahan,2015-05-06 Within education there is a growing body of research focused on the use of video as a mediational tool for reflection The purpose of this volume is to bring together research and research based practices from a wide array of literacy scholars and practitioners who are using video in educational research and teaching

Guide to Teaching Computer Science

Orit Hazzan,Tami Lapidot,Noa Ragonis,2015-01-07 This textbook presents both a conceptual framework and detailed implementation guidelines for computer science CS teaching Updated with the latest teaching approaches and trends and expanded with new learning activities the content of this new edition is clearly written and structured to be applicable to all levels of CS education and for any teaching organization Features provides 110 detailed learning activities reviews curriculum and cross curriculum topics in CS explores the benefits of CS education research describes strategies for cultivating problem solving skills for assessing learning processes and for dealing with pupils misunderstandings proposes active learning based classroom teaching methods including lab based teaching discusses various types of questions that a CS instructor or trainer can use for a range of teaching situations investigates thoroughly issues of lesson planning and course design examines the first field teaching experiences gained by CS teachers

The Arkansas Delta Oral History Project David A. Jolliffe,Christian Z. Goering,James A. Anderson,Krista Jones Oldham,2016-11-10

In rural America perhaps more than other areas high school students have the ability to contribute to the revitalization and sustainability of their home communities by engaging in oral history projects designed to highlight the values that are revered and worth saving in their region The Arkansas Delta Oral History Project a multiyear collaboration between the University of Arkansas and several public high schools in small rural Arkansas towns gives students that opportunity Through the project trained University of Arkansas studentmentors work with high school students on in depth writing projects that grow out of oral history interviews The Delta a region where the religious roots of southern culture run deep and the traditions of cooking farming and hunting are passed from generation to generation provides the ideal subject for oral history

projects In this detailed exploration of the project the authors draw on theories of cultural studies and critical pedagogy of place to show how students work on religion food and race exemplifies the use of community literacy to revitalize a distressed economic region Advancing the discussion of place based education The Arkansas Delta Oral History Project is both inspirational and instructive in offering a successful model of an authentic literacy program **College Writing and Beyond** Anne Beaufort,2008-02-06 Composition research consistently demonstrates that the social context of writing determines the majority of conventions any writer must observe Still most universities organize the required first year composition course as if there were an intuitive set of general writing skills usable across academic and work world settings In College Writing and Beyond A New Framework for University Writing Instruction Anne Beaufort reports on a longitudinal study comparing one student s experience in FYC in history in engineering and in his post college writing Her data illuminate the struggle of college students to transfer what they learn about general writing from one context to another Her findings suggest ultimately not that we must abolish FYC but that we must go beyond even genre theory in reconceiving it Accordingly Beaufort would argue that the FYC course should abandon its hope to teach a sort of general academic discourse and instead should systematically teach strategies of responding to contextual elements that impinge on the writing situation Her data urge attention to issues of learning transfer and to developmentally sound linkages in writing instruction within and across disciplines Beaufort advocates special attention to discourse community theory for its power to help students perceive and understand the context of writing Hollywood or History? Thomas E. Malewitz,Adam P. Zoeller,2023-01-01 Teaching and learning through Hollywood or commercial film and television productions is anything but a new approach and has been something of a mainstay in the classroom for nearly a century However purposeful and effective instruction through film is not problem free and many challenges accompany classroom applications of Hollywood motion pictures In response to the problems and possibilities associated with teaching through film we are developing a collection of practical classroom ready lesson ideas that might bridge gaps between theory and practice and assist teachers endeavoring to make effective use of film in their classrooms We believe that film can serve as a powerful tool in the social studies classroom and where appropriately utilized foster critical thinking and civic mindedness The NCSS College Career and Civic Life C3 framework represents a renewed and formalized emphasis on the perennial social studies goals of deep thinking reading and writing Our hope is that this edited book might play a small role in the larger project of supporting practitioners specifically 6 12 teachers of social studies and world religion content by offering a collection of classroom ready tools based on the Hollywood or History strategy and designed to foster inquiry through the careful use of selected motion pictures and television productions Topics of interest include the roots rituals symbols beliefs and controversial or significant people or events related to The Abrahamic Religions Judaism Christianity Islam Eastern Religions Philosophies Hinduism Buddhism Indigenous Religions Spirituality First Nations Traditional African Religions Writing Assignments Across University

Disciplines Roger Graves, 2017-12-07 Writing Assignments Across the University Curriculum as a whole asks and answers these questions What kinds of documents do students write in a wide range of university degree programs in Canada How do instructors structure those writing assignments That is who is the audience for the assignments Do students get formative feedback as they develop their documents Do the patterns we found in a small liberal arts college Graves Hyland and Samuels 2010 occur in other kinds of universities We took our cue from an article by Anson and Dannels 2009 who pointed us toward the idea that students experience a curriculum through their degree progress in an academic program Consequently we needed to map the writing assignments according to how different departments organized these degree programs Results that were organized by curricular unit departments faculties or colleges or programs units were more significant than general statistics because students would progress through these courses to a degree Several chapters in the book describe how this kind of curricular mapping provided a spark for curricular reform in Engineering Education and an entire small university The last two chapters report on the instructors perspective on their assignments what they were intending to do and why they both resisted and engaged in curricular discussions Let's Create Writers Timothy Horan, 2021-10-21 In this book Dr Timothy Horan presents an original and highly effective writing program whose major goal is to transform middle school students into competent and confident writers This writing program is innovative rigorous and engaging and was designed with the student in mind This book contains a total of twenty original writing assignments ten for seventh grade and another ten for eighth grade These assignments are based on middle school students natural predilections and developmental levels and represent creative interpretations of the Common Core Writing Standards Each writing project in this book is full and complete and is described with clarity and simplicity Each assignment also includes a reproducible outline that presents the assignment to students in a simplified graphical format The pedagogical philosophy underlying this program is simple and effective It seeks to provide students with enjoyable writing assignments that students will understand learn from and complete As students progress through the program they will develop an upbeat emotional bond with the act of writing and will learn to approach composition with a sense of optimism and confidence *Untold Autoethnographic Stories of (In)Justice, Teaching and Scholarship* Ari Sherris, Joy Kreeft Peyton, 2025-09-05 The voices in this book raise questions about the relationalities and entanglements of applied linguists in a troubled world They are the personal stories that are sometimes hidden behind and within more conventional teaching research and scholarship however iconoclastic and unconventional the endeavors themselves Injustice runs through and across the chapters connecting one with another but also highlighting differences The stories in this book describe or picture anxieties fears veils exclusion erasures microaggressions racism and patriarchy together with the painful double binds and pitfalls experienced in applied linguistic fieldwork and teaching By sharing their stories the authors attempt to embody the changes called into being through their applied linguistics teaching and fieldwork From Passion to Objectivity Shelley H. Billig, Sherril B. Gelmon, 2007-11-01 This

volume is the seventh in the Advances in Service Learning Research series and presents a collection of papers selected from those presented at the Sixth International Service learning Research hosted by Portland State University in Portland Oregon in October 2006 The theme of the conference which is also the title of this volume was From Passion to Objectivity International and Cross Disciplinary Perspectives on Service Learning Research This theme was selected to showcase several important topics in contemporary service learning and community engagement research Of key importance is the way in which the chapters selected for this volume reflect the evolution and maturation of research in the field of service learning moving from descriptive narratives of the passion for addressing social problems and inequities that was evident in much of the early research and is still reflected today to increasingly sophisticated research that draws on multiple methodologies presents solid evidence and offers the basis for replication and further exploration through future research

Service-Learning and Writing: Paving the Way for Literacy(ies) through Community Engagement Isabel Baca, 2012-11-20 Service learning and Writing Paving the Way for Literacy ies through Community Engagement discusses service learning as a teaching and learning method and its integration with writing The various authors from different disciplines and institutions present service learning as a means of having students practice writing in real world settings and they show how relationship building and partnerships between higher education and diverse communities produce benefits for all involved the students faculty administrators and the communities themselves This volume demonstrates how writing instruction and or writing practice can complement community engagement and outreach at local national and international contexts Through different cross cultural contexts and academic disciplines the various authors explore reflection assessment internalization diversity and multiple literacies and their importance when integrating service learning in higher education and community literacy

Understanding Writing Transfer Randall Bass, Jessie L. Moore, 2023-07-03 While education is based on the broad assumption that what one learns here can transfer over there across critical transitions what do we really know about the transfer of knowledge The question is all the more urgent at a time when there are pressures to unbundle higher education to target learning particular subjects and skills for occupational credentialing to the detriment of integrative education that enables students to make connections and integrate their knowledge skills and habits of mind into a adaptable and critical stance toward the world This book the fruit of two year multi institutional studies by forty five researchers from twenty eight institutions in five countries identifies enabling practices for and five essential principles about writing transfer that should inform decision making by all higher education stakeholders about how to generally promote the transfer of knowledge This collection concisely summarizes what we know about writing transfer and explores the implications of writing transfer research for universities institutional decisions about writing across the curriculum requirements general education programs online and hybrid learning outcomes assessment writing supported experiential learning e portfolios first year experiences and other higher education initiatives This volume makes writing transfer research accessible to administrators

faculty decision makers and other stakeholders across the curriculum who have a vested interest in preparing students to succeed in their future writing tasks in academia the workplace and their civic lives and offers a framework for addressing the tensions between competency based education and the integration of knowledge so vital for our society *Student Experiences and Educational Outcomes in Community Engagement for the 21st Century* Crosby, Cathryn, Brockmeier, Frederick, 2016-09-20 Today's students face the challenge of finding a career and a passion while facing economic uncertainty Service learning has the potential to challenge and inspire students as they hone their skills An increasingly popular subject service and experiential learning are changing the way education is taught worldwide Student Experiences and Educational Outcomes in Community Engagement for the 21st Century collects and analyzes students experiences in diverse service learning contexts giving fodder for rethinking strategies and finding optimal pedagogies for successful community engagement This unique publication is ideal for educators administrators policy makers and students of education

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