### Peer Assisted Reflection and Development Program

Stage 3 – Reflect and Set Goals

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| Teacher |  |

### Reflect

The purpose of this template is help guide the third stage in the PARD-P cycle – reflection and goal setting. Thinking about the oral and written feedback from your partner and your own experience, what are the three most important reflections you have made about your teaching as a result of the PARD-P process?

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| **Reflection 1:** |
| **Reflection 2:** |
| **Reflection 3:** |

### Set goals

As a result of these reflections, what changes do you plan to make? We encourage you to articulate at least one goal to work towards in your teaching.

The best way to achieve goals is to make sure they are SMART.

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| S | Specific | What are you going to do? How are you going to do it? | |
| M | Measurable | Choose a goal that has measurable outcomes so you can note your progress.  How will you know when you have attained your goal? | |
| A | Attainable | A goal should be achievable, but challenging | |
| R | Realistic | Do you have the skills and resources to achieve your goal? If not, your goal in the first instance may be to acquire these skills and resources. | |
| T | Timely | Set a time frame. This gives you a clear target to work towards. You may plan to make changes this semester or next time you teach the course. | |
| **My teaching goal is:** | | |
| **My timeframe is:** | | |