



Center for
Teaching
Excellence

The University of Texas
Rio Grande Valley[™]
.....
Center of Teaching Excellence

The University of Texas
Rio Grande Valley[™]
.....
Faculty Success & Diversity

Friday Reflections on Teaching and Learning

Dra. Alyssa G. Cavazos

Associate Professor, Department of Writing
and Language Studies

Director, Center for Teaching Excellence
Office of Faculty Success and Diversity

OBJECTIVES

1. Reflect on teaching and students' learning through a growth mindset, resilient, and equitable perspectives.
2. Identify things that have gone well and why
3. Design or revise at least one area of improvement through a growth mindset, resilient, and equitable perspective.

What is reflective practice?

- Meaning-making process
- Analysis of prior experiences
- Inform future action

Growth mindset, resilience, equity in teaching

- **Growth mindset:** belief that we can improve our teaching and students can learn through a strengths perspective
- **Resilience:** ability to overcome challenges by using coping strategies
- **Equity:** all students are supported and feel comfortable to explore, learn, think, and share knowledge.

Reflection



Photo by [Lonely Planet](#) on [Unsplash](#)

- What has gone well in your teaching this semester? Why do you think it has gone well?

Reflection

- What has not gone well in **your teaching** this semester?
- Why do you think things have not gone well?
- What do you want to try to improve?

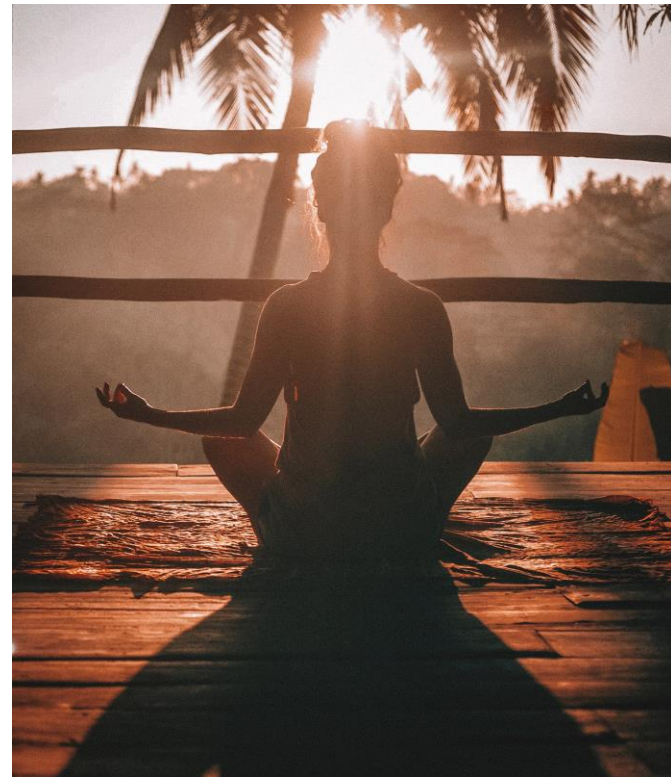


Photo by [Jared Rice](#) on [Unsplash](#)

Design a revised activity/assignment



Photo by [Lonely Planet](#) on [Unsplash](#)

- What specific teaching approach do you want to revise?
- How can you go about revising it through a growth mindset, resilient, and equitable approach?

References/Resources

- Ahmed, Shazia and Lisa Rosen. (2019). "A Growth Mindset: Essential for Faculty and Student Success" <https://www.facultyfocus.com/articles/philosophy-of-teaching/a-growth-mindset-essential-for-student-and-faculty-success/>
- Center for Teaching Excellence, University of Waterloo (2018). Critical reflection. Retrieved from <https://uwaterloo.ca/centre-for-teaching-excellence/teaching-resources/teaching-tips/planning-courses-and-assignments/course-design/critical-reflection>
- Diversity and Inclusive Teaching. University of Delaware. Center for Teaching and Assessment of Learning. <https://ctal.udel.edu/resources-2/inclusive-teaching/>
- Hindman, J. L., & Stronge, J. H. (2015). Reflecting on teaching. Virginia Journal of Education. Retrieved from <http://www.veanea.org/home/1327.htm>
- Resilience in College Students. <https://ppc.sas.upenn.edu/research/resilience-college-students>

Individual Consultations

If you are interested in seeking feedback on your teaching, please make an appointment for an individual consultation.

[Schedule an appointment](#)