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ECUR 165 Introduction to Teaching in Secondary Schools

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Reflection on your Progress in Teacher Education

As my first year of the Combined Bachelor of Science in Kinesiology/Bachelor of Education program comes to a close, I am able to reflect on the numerous lessons that I have learned from both myself and other people. In both semesters, I only took on the workload of four classes simply because I took my university level biology as well as calculus through the University of Regina which were equivalent and transferred over to be put towards my degrees here. I am forever grateful that I took these classes ahead of time because it was definitely quite the transition moving from taking two classes a day in the block system to trying to manage four all at the same time. The way my schedule worked out I was taking two kinesiology classes and one education class. At the start, I will admit my kinesiology classes took priority since there was so much content to take in and I felt very overwhelmed. My education classes felt like a breather in the sense that I was not constantly having to take notes or feel like I needed to write down everything the professor said. I found that as the course of the first semester went on I was able to find a balance between all of my classes after a few necessary wake up calls.

This brings me to my first lesson: do not tell yourself you know the content when you do not. I was never one to study much in high school simply because everything came easy to me and I never felt the need to. My grades were exceptionally high in my opinion which came from the push of my mother. She pushed me to try my hardest and was always making sure schoolwork was my top priority. However, starting university with a couple bad marks and just barely keeping my head afloat, I decided it was time to make a change. I would need to actually review the material outside of class time. I decided to try

rewriting notes and putting them into my own words. Not only did this take a lot of time but in my next quizzes my marks continued to increase by just testing myself on the retained information.

Another lesson I learned was how you prepare for kinesiology classes and education classes are totally different. I found that trying to study the same way I was for kinesiology classes was just not working since the education professors were preaching ideas and not necessarily concepts. Engaging in class and trying to understand where the professor is coming from has been very helpful because my education classes are so much smaller compared to my kinesiology ones. You have to be able to take in and imagine yourself in front of a classroom and to identify how you would contribute to the learning of your own future students. You cannot study information to become a teacher, you have to embrace it.

Overall, this year was a year in learning, persevering, and adjusting. I have learned that you will become the best teacher you can be by not having the best grades but by keeping your mind open and becoming aware and responsive to my own students actions. I may feel like one in a billion now but to think about how I will be seen in my future students' eyes is inspirational.