**Video Observation Self-Reflection**

This self-reflection activity can be used when you have video recorded (or recorded an online session for review). There are three parts – Initial Impressions, Student Behaviors, and Self-Reflection. You should watch your recorded class session before beginning the self-reflection. You can modify this form as you see fit.

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| Course/Class Session: |
| Date: |

Part I: Initial Impressions of Teaching

What are your initial impressions after first viewing the video?

* Omit irrelevant details not related to learning (e.g. I look rumpled)
* Omit emotional or reactive responses (e.g. "My voice sounds weird;" "That was not a normal day")

Part II: Observation of Student Behavior

1. What student behaviors did you observe?
2. What did you do in your interactions with students that influenced their learning?
   1. Do you need to change something for future teaching? If so, what?
3. What did students do that demonstrated they were learning versus distracted?
   1. Do you need to change something for future teaching? If so, what?

Part III: Self-Reflection

1. Did you achieve the planned session goals?
2. Did you use active learning strategies?
   1. If yes, were the strategies effective/successful?
3. Did you involve the whole class?
   1. If you did not, describe the students who were not participating. Why were they not involved?
4. Can you specify the percentage of student talk vs. instructor talk?
5. How do you perceive this class session and what changes are you considering?