

Training Package on T-Standard⁺ for Schools
Activity Six: Self-Reflection Tool

Objective	To engage teachers in self-reflection for continuous improvement
Teaching materials	1. Self-Reflection Tool (SRT) (on COTAP website) https://srt.cotap.hk/index.php?lang=zh-hk 2. Video for Activity Six 3. Worksheet for Activity Six
Suggested duration	30 to 60 minutes

Duration	Procedures/Materials	Focus
Complete the SRT (30 to 60 minutes)	<p>1) Ask teachers to scan the QR code on the worksheet for Activity 6 to use the SRT on the COTAP website for self-reflection.</p> <p>2) If teachers are not familiar with using the SRT, show them how by playing the video for Activity Six.</p> <p>Notes:</p> <p>Teachers may complete the SRT at home or in school. Below are some suggestions on completing the SRT.</p> <ul style="list-style-type: none"> ✧ Create a relaxing environment conducive to self-reflection (e.g. play soft music while they are using the SRT). ✧ Ask teachers to work in groups so that they may discuss and reflect with their colleagues before they complete the SRT. ✧ Encourage teachers to use real-life examples to illustrate how far they have come in fulfilling their professional roles. ✧ In light of the school context and culture, ask teachers to share either with all participants or in groups. <ul style="list-style-type: none"> - The sharing does not have to be about 	➤ To enhance teachers' understanding of their professional competencies and roles upon completion of the SRT

	<p>their strengths, but rather be about areas in which improvements are necessary.</p>	
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Reference:

SRT is developed by COTAP to help teachers better adopt T-standard⁺ for promoting professional development. By completing a survey of 24 statements, teachers will receive a personal profile indicating the achievements they have attained as well as areas that may require further attention in their pursuit of professional growth, thus helping them identify future professional development needs and direction.

The SRT comes in an online version and an excel version. The online version will not ask for any personal information but will generate a random reference code on completion for record retrieving purpose. The Excel version is available for download and use on computer. Schools or teachers may use whichever version they see fit.

活動舉隅 6. 自我檢視工具 (Self Reflection Tool)

活動目的: 透過自我檢視工具，運用「T-標準+」進行反思，了解自我專業發展的現況及需要

- 充份時間及安靜舒適環境下進行(輕音樂背景)

THRESHOLD 基本要求	COMPETENT 力能勝任	DISTINGUISHED 成就出眾	請按此選擇 Please select here
(1) 我支持並實踐全人教育。 I support and practice whole-person education.	(2) 我支持並實踐全人教育，也鼓勵別人這樣做。 I support, practice and encourage others to implement whole-person education.	(3) 我參與制定和檢視學校的政策及課程，確保其符合全人教育的理念。 I promote whole-person education by participating in the design and monitoring of school policies and curriculum, ensuring that they are in line with the belief.	
階段描述 Stage Descriptors			

Examples for Activity Six

Self-Reflection Tool

Objective: To understand one's own status and needs in professional development through self-reflection on T-standard⁺ using the SRT.

- It should be done with ample time and in a quiet and cosy environment (with soft background music).

自我檢視工具 (Self Reflection Tool)

- 填問卷時可以修改，或加入句子和事例

The screenshot shows a digital form with three columns of criteria. Each column has a title, a description, and an '編輯' (Edit) button. A yellow callout box highlights the first column's description and its edit button.

基本能力 ★	力能勝任 ★★	成就出眾 ★★★
我尊重學生的多樣性，同時探索方法，以應對不同學生的需要。	我勇於面對學生的多樣性的挑戰，並制定策略，確保每個學生的能力均有良好的發揮。	我善用學生的多樣性所帶來的動力發展個別學生的潛能及提升整體的學習效果。
編輯	編輯	編輯

我尊重學生的多樣性，也勇於面對挑戰。我經常探索方法去幫助他們，但未能制定策，只是見到有好方法便試試。

以往或現在你有哪些經歷，能對應上述的角色？請以具體事例說明。

我建議將一個語文教育課程設計為跨學科活動，讓同學可以以視藝、舞蹈、話劇展示所學，又會從群體活動中學習正確價值觀。



Self-Reflection Tool

- The descriptions can be edited or substantiated with statements and examples.

“I acknowledge and embrace the challenge of learner diversity. I keep exploring ways to address students' needs but have not yet devised any strategies.”

Did you or do you have any experience that corresponds with the above role? Please illustrate with specific examples.

I suggested incorporating a cross-curricular activity into a language curriculum so that students can demonstrate their learning outcomes through visual arts, dance and drama and develop positive values through group activities.

自我檢視工具(Self Reflection Tool)

- 做完SRT可以進行分享，以全體/小組形式進行
- 教師可自選小組與友好分享SRT的成果
- 分享：*我的最強.....*
我最需要進步.....
我計劃.....
- 分享須以事例說明之，彼此共勉



Self-Reflection Tool

- After using the SRT, teachers may do some sharing with all participants or in groups.
- Teachers may form their own groups for sharing their SRT results.
- Sharing: My strengths are...
I need to work harder on...
I plan to...
- Illustrate with examples and give encouragement to each other.

Extended Activity:

Teachers may formulate their own continuing professional development (CPD) plan in the SRT with reference to the stages of their professional maturity in respective roles.