## Training Package on T-Standard<sup>+</sup> 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
materials	<ol> <li>Video for Activity Six</li> <li>Worksheet for Activity Six</li> </ol>
Suggested duration	30 to 60 minutes

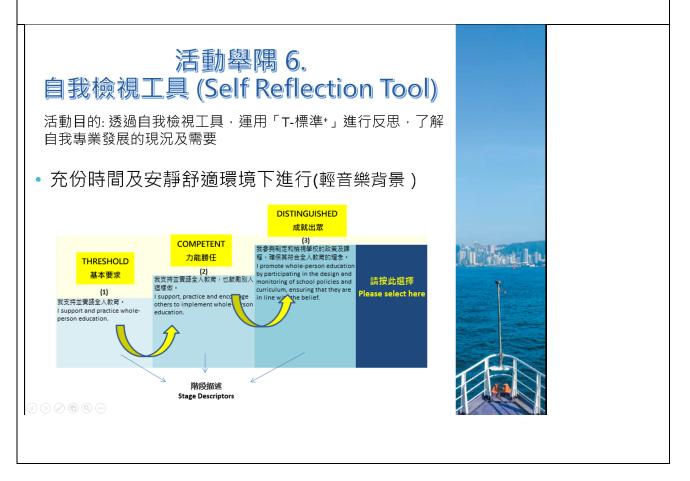
Duration	Procedures/Materials	Focus
Complete	1) Ask teachers to scan the QR code on the	To enhance
the SRT	worksheet for Activity 6 to use the SRT on the	teachers'
(30 to 60	COTAP website for self-reflection.	understanding
minutes)		of their
	2) If teachers are not familiar with using the SRT,	professional
	show them how by playing the video for Activity	competencies
	Six.	and roles upon
		completion of
	Notes:	the SRT
	Teachers may complete the SRT at home or in	
	school. Below are some suggestions on	
	completing the SRT.	
	♦ Create a relaxing environment conducive to	
	self-reflection (e.g. play soft music while	
	they are using the SRT).	
	$\diamond$ Ask teachers to work in groups so that they	
	may discuss and reflect with their	
	colleagues before they complete the SRT.	
	$\diamond$ Encourage teachers to use real-life	
	examples to illustrate how far they have	
	come in fulfilling their professional roles.	
	$\diamond$ In light of the school context and culture,	
	ask teachers to share either with all	
	participants or in groups.	
	- The sharing does not have to be about	

their strengths, but rather be about areas	
in which improvements are necessary.	

## Reference:

SRT is developed by COTAP to help teachers better adopt T-standard<sup>+</sup> 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.



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<sup>+</sup> using the SRT.

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



## 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.

