

Professional Growth

Since the last time I reflected on my skills and knowledge, I believe I have grown exponentially. I have gotten better at being comfortable in the silence. Allowing my students to lead the conversation, only prompting when I feel they want to speak more but don't know what to say. I have gotten better at summarizing, using language that starts with you, such as "you think" or "you feel." Also, I used some methods of play therapy that I had only learned about through video. For example, the other day, when I was working with a kindergartener, I allowed them to play with some toys, and during the interaction with the toys, I paraphrased what she was telling me she was doing with the toys. I also engaged in small conversations as she played to learn about her. I pay attention to my conversations with my students, allowing them plenty of time to talk, while I mentally note some things I picked up on in our conversations. Although I still have a long way to go in learning skills, I would say there is a definite improvement in my ability.

As for knowledge, I have noticed my knowledge on trauma and the effect of trauma on children has shown some improvement. The change in my knowledge base has been noticeable to me during my conversations with my site supervisor when we talk about different ways children can handle traumatic events and how that can affect their learning. I have also noticed a significant growth in my understanding of how disabilities or disorders can affect how a student behaves in school. This was also noted through conversations with my site supervisor when I was able to voice my opinion on a student that she noted was having difficulty with a teacher. My conversation led to my site supervisor wanting me to observe the classroom and inform her what other techniques or tools I would think would be useful in helping out the teacher in the classroom. I believe this is not just due to my growth in this program, but also my personal desire to read books that further grow my knowledge, and conversing with my mom, who also specializes in the study of trauma.

Lastly, my disposition growth is most noticeable through the things mentioned above and in my efforts in each of my classes. I am showing more social responsibility by working with my students, providing them with a chance to work alongside me in coming up with solutions to the things they consider issues. I am showing commitment by dedicating my time to working on plans for small group, classroom guidance, and individual counseling sessions. This paper is an example of my reflective practice, but I try to practice reflection at the end of each day in processing the day's events. I face every obstacle with integrity and consider that one of my strongest dispositions. I remain professional with my site supervisor and my students, and I work hard to ensure I am cooperating with both my site supervisor and my teachers in meeting and exceeding expectations with them and with my students. I read all my feedback and only ask clarifying questions so that I can better myself. I take responsibility for all my assignments and

my work with my students. Lastly, I have worked hard on my emotional regulation and feel that I have grown better at managing my anxiety.