



Standard 7: Educators engage in career-long learning

1. The chosen evidence is my personal frame of reference for teaching and learning, or personal philosophy of education. This is a working document that keeps evolving, as it is informed by what I am learning in class as well as through my practice. I elaborated this philosophy of education based on my core values and on the vision I have for our common future. It is informed by the theorists that have had the biggest impact on me and who align with my personal values. It also includes examples of how I have put, or intend to put, these theories into practice in my classroom.

2. I chose this evidence in relation to Standard 7 because, while it clearly demonstrates that I am in the process of refining my personal philosophy of education, it also includes a paragraph that highlights my growth mindset:

“As a teacher, I believe that an important part of my role is to be a good role-model of the values and attitudes that I want to teach. I strive to know myself and evolve my own beliefs and habits of mind. I do this by practicing yoga and meditation, by cultivating self-love and compassion towards myself and others and by adopting healthy living practices as well as a growth mindset. I see each moment - success, failure, challenge or conflict - as an opportunity for growth and transformation. I strive to better myself every day so I can better serve my family, friends, students, community and the Earth.”

I have integrated this growth mindset at a deep level and I use it daily in my professional as well as my personal life. I am passionate about learning and the main things that allows me to learn are my attitude towards life and my reflective practice. I expect to learn new things everyday, therefore I see opportunities to learn where other people might see conflict, frustration, failure, limitations or challenges. I realize that growth is sometimes uncomfortable or painful, so when I feel uncomfortable or challenged, I recognize it as a growing pain. I try not to blame others or myself for the situation and I avoid looking at it as “negative”. Instead, I try my best to embrace it: I dig to uncover the hidden messages through reflection and intuition and I always uncover a valuable lesson to integrate into my life.

3. This learning standard is important to me as a new teacher because it is a continuity of my personal commitment to life-long learning. I intend to model this attitude to my students daily so they can benefit from adopting a growth mindset for themselves. My hope for all students is that they graduate from the school system with a deep passion for learning and a positive outlook on life and its challenges. As I move forward, I ask myself: How can I connect with an experienced mentor that is skilled in self-directed learning, inquiry learning and theme teaching, to further develop these aspects of

my teaching that I have outlined in my philosophy or education but that are not necessarily widely used in public schools?