

# The Impact Cycle

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A REFLECTION JOURNAL

**Hi, I'm Alex Swan. Welcome to my reflection journal.**

**This journal chronicles my first coaching experience with the aid of Jim Knight's Impact Cycle (2018).**

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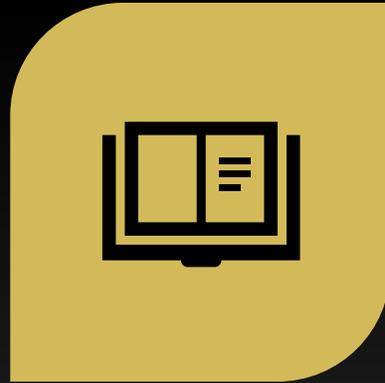


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**IDENTIFY**



**LEARN**



**IMPROVE**

**09/25/2020**

**I am a bit anxious about my first coaching experience. Ms. Penny has been teaching for a while, so I intend on listening carefully. The beginning of the school year has been crazy, and tensions are running high! I certainly will need to be flexible and understanding during this school year no matter who I choose to coach. Our students have not yet returned in person, so this additional planning time has given me a good opportunity to prepare for my coaching experience. I have been working mostly from home so far this year, but I have met with Ms. Penny a few times during my visits to campus to stay connected and inquire about things she may need or be interested in as my coachee. She responds well to coaching and advice, which is why I wanted to use her as a subject. I recently wrapped up my Current Reality narrative and I keep coming back to realization that although this year has its challenges, there are also clear opportunities that are presenting themselves. CTLS, our learning management system, is a major change for this school year, so training and best practices regarding CTLS are important to consider. I plan on printing out the pre-observation checklist and starting with that when Ms. Penny and I meet again. This should help kickstart some ideas, and we can go from there. Overall, I am looking forward to the challenge, but I am anxious to just get started.**

**10/16/2020**

# Identify Video

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**The meeting went well. Ms. Penny is such a positive and confident teacher. I feel we produced a solid plan and identified some meaningful goals. Ms. Penny seems to be pleased with the plan and excited to put them into place.**



**11/05/2020**

**Alex Swan**  
**Learn Video**

**This meeting did not go as well as I would have liked. I felt confident initially, but after watching my colleague's videos, I feel I could have done better. I should have spent more time personalizing my approach and not just regurgitating information from the textbook and covering the rubric. On a brighter note, there is room for improvement and that is my next step. I plan on meeting with Ms. Penny more to come up with a stronger plan and approach. I understand that is part of the impact cycle; however, I would like to minimize these types of mistakes in the future.**

**I feel Ms. Penny has done a lot to help me out, and I want to do a better job coaching her.**

**11/19/2020**

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**For today's meeting, I have read up on Chapter 5 and feel I have a stronger approach for today. I have printed out two checklists to take with me: effective guiding question and effective thinking prompts. I also have a series of questions that I produced that will get us to where we need to be.**

**My hope is that we can dig deeper into the strategy and activity given for the checklist(s) Ms. Penny feels more comfortable with. This can also lead us into our next meeting with an end goal in mind.**



# Improve Video

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I feel this was my strongest session so far. It is a great way to end our coaching meetings, and I have gained confidence in my coaching abilities. I have always enjoyed helping others with technology, but now I have many useful and applicable resources to help guide me during my coaching.

