

EMAP CHECKLISTS FOR TEACHING

These are things you do for mindfulness before class:

- Do I know the names of the students I'm about to interact with?
- Have I checked in with students who have missed 1-2 of the last classes?
- What do I need to remind students of today?
- Have I taken a deep breath before entering the classroom?
- Create a daily agenda and share it with students

Daily Planning:

- Do you have a way of gauging where students are at the beginning, middle, and end of class?
- Activity: what activity have I planned to get students to engage in class?
- Have I created opportunities for small group work exchanges (with the class and instructor) to gather insight into what students are thinking?
- How have I aligned my teaching to critical thinking assessments?
- Will the assignment be doable in the allotted time? Have I considered that students may need different amounts of time?
- Does the assignment engage the student's sense of self? Can they bring in their own history, identity, perspectives, interests?
- Is there flexibility in the time that students have to complete the assignment?