

## 5 Minute Mentoring

These 5-Minute Mentoring Tips were provided by Michelle Jensen of the Lane ESD Mentoring Consortium

We all know that **motivation is a key aspect of both student engagement and academic success**. What can be tricky to get at is the "how" of motivating disengaged or disaffected students.

This [5 minute video](#) offers some deep insights. If you like what you see, Cushman has a free e-book on motivation. Click [here](#).

I found myself wanting the 8 conditions for "agency" - (substitute self-motivation here.) Here they are. To motivate students, they need:

1. To feel OK
2. The material/project needs to matter to the student
3. To be active
4. Learning projects that stretch them
5. Coaching
6. To use/apply the learning
7. Reflection
8. Planning for the next step

Thinking about your beginning teacher, how would you frame a conversation around student motivation? What tools would you use to collect data?

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We've all heard that setting and reviewing goals plays a key role in success. In the classroom, student goal setting and review increases achievement outcomes. As teachers, goals help us to refine and enhance our craft.

**This week, I encourage you to revisit the equity goals you set this fall.** You wrote two - **one for you in your classroom, and one for your work with your mentee**. How is your progress coming along? What benchmarks have you reached? Are there any tweaks that need to be made? Are there any ways I can help realize those goals, with resources, assessments, readings, etc.?

**This is also a good time to revisit your mentee's evaluation goals.** Are all the tasks completed? Data collected? If not, there's a good way to spend some of your time together.

**Below are a few tools you might be interested in:**

- I love this 4 minute **inspirational video** [Believe in yourself](#) - featuring Jaret Grossman and Eric Thomas. The words, music and way-cool Go-Pro images are rejuvenating and powerful.

- **Need a nudge** to get to your goals? Android or iPhone, here's a cool review of [24 free apps to you reach your goals](#).
  - [WOOP](#) is a **cool tool** I found deep on the research website of [Angela Duckworth](#), the "Grit" researcher. Turns out setting goals is a key aspect of attaining success. WOOP has a web and app for students and adults. WOOP has been proven successful to:
    - increase attendance and course grades of school children from disadvantaged backgrounds.
    - improve homework of children at risk for ADHD.
    - increase high school students' effort to prepare for standardized tests by 60%.
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This week's email features the Connected Lane County Beginning Teacher and Administrator Mentor Program's Spring Newsletter. In this edition, we:

- Observe the impact mentoring has in a Siuslaw classroom,
- Explore cool new resources for videos for teaching and learning,
- Review equity goals and find new tools to help us become more aware and discerning of our practice, particularly around equity issues, and,
- Identify mid-year impacts of the program on beginning teachers.

[Lane Spring Newsletter](#)

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Returning from a break, most of us know that we'll need to review and reinforce our classroom management strategies. Our beginning teachers, however, may not know this. So, **we encourage you to check in with your beginning teacher today or tomorrow-not just for a "welcome back," but also to share ways to stay ahead of post-break and other springtime behavior challenges.**

There are **numerous resources** attached. Find the one or two that work best for your mentee's situation. Also, as you are moving towards completing at least **five observations of your beginning teacher**, the checklists could be nice observation tools. Lastly with all the upcoming assessments, this Teaching Channel [video](#) provides key strategies to employ during test preparation.

Special thanks to Erin White of Bethel for sharing these resources with all of us!

[Best Practices Checklist](#)

[Environmental Inventory](#)

[Top 17 Strategies for Behavior Management](#)

[Classroom Management Checklist Florida Positive Behavior Support Project 2007](#)

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Today's tip provides a rich contribution to working with mentees and young teacher peers. I wish I'd found this information earlier in the year - it's well worth sharing with colleagues and administrators too!

In [Making the Most of Millennial Teacher Mindsets](#), we learn some of the assets- particular to their generation - that millennials are bringing into classrooms:

- Voice and opinion
- Outside-the-box thinking
- Collaboration and team work
- Full integration of technology

Our colleague Iton Udosenata, formerly of Springfield and now a principal in South Lane, writes of the potential for both sparks and riches between [Millenials and Baby Boomers](#). Good stuff.

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Dear Mentors ~

Testing, testing, testing 1-2-3...Whether its Smarter Balanced testing or writing essays, solving complex math equations or analyzing a secondary source and making meaning of it, brains can get tired too! BreakBreaks--**35 short activities for learning and play**-- provide a balance to the intensity of extended, brain-heavy tasks. Thanks to our mentor colleague Ceri Burke, at Oaklea Middle School in Junction City for sharing!

[Brain Breaks](#)

[Head Hurts](#)

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All around us, buzz and frenzy. From the bloom and bugs outside, to the frenetic pace of assessments and ensuring we can cover all our content by school's end, we are busy.

Yet sometimes the most powerful learning require us to be still. Silent. Reflective.

**Today's tip will take only one minute.** It could just shift your perspective in a powerful way. I know you're busy - and I still encourage you to **watch [this](#) now** before it gets buried under the weight of all your other emails.

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I'm sure this note finds you all engaged in the din and whirl of end-of-year activities. Like [Janus](#), we are looking both forward and back.

Today's 5 minute tip is is something you might want to skim now, and think about as you plan for next year. This is an excerpt from Eric Jensen's insightful book, [Engaging Students with Poverty in Mind](#) (2013).

Learn about the 7 key engagement factors that are strongly tied to socioeconomic status and student achievement:

- Health and nutrition
  - Vocabulary
  - Effort and energy
  - Mind-set
  - Cognitive capacity
  - Relationships
  - Stress level
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This is the week that students and staff alike start the end-of-year countdown in earnest. Today's 5 Minute Mentoring takes a look at some meaningful, effective ways to recharge our batteries over the summer.

Here's a [short blog post](#) with some great ways to reflect and recharge this summer.

A few other ideas...

My personal favorite: [Do Yoga With Me](#) offers hundreds of free yoga classes, from Pilates and 5-minute Hatha yoga breaks to 60+ minute Ashatanga workouts. (My favorite teacher so far is David.)

Science has shown that [meditation reduces stress](#). But many of us suffer from monkey mind - the incessant chatter and restless motion of our thoughts. [Headspace](#) is a cool app that teaches meditation - and you can learn on the 10-day free trial.

Keep happy! This [list of 50 health, wellness and wellbeing apps](#) covers everything from exercise and nutrition to mind growth games.

*Disclaimer: The views and opinions expressed in these materials are those of the authors and do not necessarily reflect the official policy or position of the Oregon Department of Education.*