

# Collegial Circle Final Report

Please complete all information on this form. After it is complete, send it to the Teacher Center along with other supporting documentation. Electronic copies are preferred whenever possible.

## COLLEGIAL CIRCLE INFORMATION

Title of Circle: Onward - MHS Standards Area: interdepartmental math, science, special ed  
Facilitator: Paige Labarr School(s): MHS  
Beginning Date: 12/10/2021 Ending Date: 5/12/2022 # of Hours: 6  
*Please submit copies of the following to this report:*

- ✓ Collegial Circle Attendance Log
- ✓ Collegial Circle Meeting Log
- ✓ Samples of strategies implemented, materials created, or student work samples where applicable
- ✓ Collegial Circle Reflection Sheets - completed by each participant

## COLLEGIAL CIRCLE DESCRIPTION

What was the anticipated goal(s) of this Collegial Circle? ↑ resilience  
book study - read & discuss Onward by Elena Aguilar, self-awareness, understand emotions, cultivate compassion, celebrate work

What grade level(s) and or subject area(s) will benefit from this Circle?

teachers + students across 9-12

What level of Guskey's Professional Development Evaluation did you select for this Circle?

Level 2: Participants learning long-term goal to work on levels 3-5

## FINAL REFLECTIONS

Was the goal of your Collegial Circle met? Please explain.

Yes! Lots of progress in all areas - feedback from CC members on next pages

How did the members of this Collegial Circle assess whether the outcome was met? What evidence was utilized to assess your progress?

discussion, feedback forms

How did your work impact teaching and learning? [Include student work samples, lesson plans, peer reviews, etc.]

Significant work around teacher resilience, attitudes toward teaching, management of workload

Did your work align with the Level of Evaluation you identified in your proposal? Please explain.

Absolutely! We read the full book and aligned discussions w/ chapters for each month

Please include any additional comments you would like to share with the Collegial Circle Committee. This may include unanticipated outcomes, next steps, new learning, etc.

Excellent CC + lots of positive feedback



## PITTSFORD TEACHER CENTER Collegial Circle Attendance Log

Collegial Circle Name: Onward - MHS

Facilitator: Paige LaBarr

Meeting Date(s)	12-10	1-13	2-10	3-24	4-7	5-12								Number of Hours Completed
Meeting Time(s) *	← 3-4 PM →													
Members														
1. P. LaBarr	✓	✓	✓	✓	✓	✓								6
2. E. Conlon	✓	✓	-	✓	✓	✓								5
3. W. Sienkiewicz	✓	✓	✓	✓	✓	✓								6
4. B. Valente	✓	✓	✓	✓	✓	✓								6
5. M. Johnston	✓	✓	✓	✓	✓	✓								6
6. R. Domina	✓	✓	✓	✓	✓	✓								6
7. S. Hyde	✓	0.5	✓	✓	✓	✓								5.5
8. K. Waterbury	✓	✓	✓	✓	✓	✓								6
9. K. Voss	✓	✓	✓	✓	✓	✓								6
10. M. Slominski	✓	-	✓	✓	✓	✓								5
11. D. Mucenski	✓	✓	✓	✓	✓	✓								6
12.														

\* Elementary Circles may not start before 3:30 pm and Secondary Circles may not start before 3:00 pm

- T. Warren } did not complete  
- K. O'Dell }

# COLLEGIAL CIRCLE – ONWARD MEETING LOG

Date: 12/10/2021

Attendees: Paige LaBarr (facilitator), Todd Warren, Eileen Conlon, Whitney Sienkiewicz, Barb Valente, Mindy Johnston, Ryan Domina, Samantha Hyde, Kim Waterbury, Kim Voss, Michele Slominski, Dennis Mucenski

- Selected additional dates: 1/13, 2/10, 3/24, 4/7, 5/12
- Meetings in Room 234 at 3 PM
- Next chapter we will read is "January"
- Discussions
  - What are you good at as an educator?
  - What is one of your skills you're excited to develop?
  - Who is a colleague at Mendon that you admire? Why?
  - Who is a student that inspires you?
- Problem discussing in small groups
  - What is a problem you'd like to address in your classroom? (p. 183 of workbook)
  - Generate three open questions.
  - Identify three people whom you could ask for their perspective.
  - Can you identify the place where this problem isn't apparent?
  - Why?
- Lots of discussion around phones & differences between generations, how can we use phones as a tool and how can we limit inappropriate/irrelevant use of phones

Date: 1/13/2022

Attendees: Paige LaBarr (facilitator), ~~Todd Warren~~, Eileen Conlon, Whitney Sienkiewicz, Barb Valente, Mindy Johnston, Ryan Domina, Samantha Hyde (0.5), Kim Waterbury, Kim Voss, ~~Michele Slominski~~, Dennis Mucenski

- Activity on page 420 of workbook – an intention for today
- It's Not Personal – page 428
  - Analyze when you take things personally
- Discussion of workbook activities- forgiveness, fly on the wall, chapter reflection
- Experiencing guilt as a teacher- fear of taking days off- why?
  - What can students learn when I am not present?
- Ways we have evolved when it comes to self-compassion throughout our careers

Date: 2/10/2022

Attendees: Paige LaBarr (facilitator), ~~Todd Warren~~, ~~Eileen Conlon~~, Whitney Sienkiewicz, Barb Valente, Mindy Johnston, Ryan Domina, Samantha Hyde, Kim Waterbury, Kim Voss, Michele Slominski, Dennis Mucenski

- Chapter 9 discussion
- Acting as a learner – trying something new and the reward of being new
- Managing work outside of work
- Hobbies, new things
- Discussion of how to use breaks to restore, rejuvenate, potentially visit some new/fun aspects of courses but a chance to step away from usual routine
- "Sad Sundays and How to Stop Having Them" – discussed this section & connections

Date: 3/24/2022

Attendees: Paige LaBarr (facilitator), Todd Warren, Eileen Conlon, Whitney Sienkiewicz, Barb Valente, Mindy Johnston, Ryan Domina, Samantha Hyde, Kim Waterbury, Kim Voss, Michele Slominski, Dennis Mucenski

- Discussed Chapter 10 "Play and Create"
- Discussion of interests and hobbies – importance of exercise and nutrition too
- Importance of play
- Incorporating play into lessons
  - Short examples that do not take away from lesson objective
  - Short trivia games
  - Incorporating physical movement
- Attention span
  - Movies vs. short videos (like Tiktok)
  - Making predictions and connections

Date: 4/7/2022

Attendees: Paige LaBarr (facilitator), ~~Todd Warren~~, Eileen Conlon, Whitney Sienkiewicz, Barb Valente, Mindy Johnston, Ryan Domina, Samantha Hyde, Kim Waterbury, Kim Voss, Michele Slominski, Dennis Mucenski

- Chapter 11 Discussion "Ride the Waves of Change"
- Great chapter for current times
- Student behavior
- Changing from in person to remote/hybrid to in person – lots of change

Date: 5/12/2022

Attendees: Paige LaBarr (facilitator), Eileen Conlon, Whitney Sienkiewicz, Barb Valente, Mindy Johnston, Ryan Domina, Samantha Hyde, Kim Waterbury, Kim Voss, Michele Slominski, Dennis Mucenski

- Sharing individual reflections about CC work and impact
- Lots of interest in Year 2 CC and encouraging others to start a Year 1 CC
- Gratitude
- Appreciations
- Public vs private vs silent appreciations and the power of each
  - Colleagues
  - Students
- Summer and resilience strategies
- Did an activity from September chapter to think about the fall
  - Identifying values... top 10 then top 5 then top 3
  - Think/discuss how values affect decisions



# Collegial Circle: Reflection Sheet

(To be completed by individual Collegial Circle participants)

Name: Samantha Hyde  
 Collegial Circle: Onward

Please indicate whether you Strongly Agree (SA), Agree (A), Neither Agree Nor Disagree (N), Disagree (D), or Strongly Disagree (SD) with each of the following statements:

	SA	A	N	D	SD
The established guidelines for Collegial Circles were clear to me.	✓				
The amount of time allocated for the Collegial Circle was appropriate.	✓				
Participation in this Collegial Circle fostered collaboration.	✓				
The work I did in this Collegial Circle will directly impact my classroom practice.		✓			
The work I did in this Collegial Circle will directly impact student work.		✓			
The work I did in this Collegial Circle is in alignment with district and/or building goals.	✓				
I was able to accurately assess the results of this Collegial Circle.	✓				
The documentation ( <i>samples of implementation strategies or student work sample</i> ) required for a Collegial Circle is appropriate.	✓				
We were able to meet all the goals/anticipated outcomes established for our Collegial Circle.	✓				
I am satisfied with what was accomplished in this Collegial Circle.	✓				
I would like to continue the work of this collegial circle with a follow-up Collegial Circle.	✓				
I appreciate the opportunity to work, study, and share ideas with colleagues in the Collegial Circle atmosphere.	✓				
I would recommend this form of professional development to a colleague.	✓				

Comments/Suggestions about this Collegial Circle for PTC Policy Board:

Do you have any changes you would like to make to the Collegial Circles (*guidelines, hours, documentation, final report etc.*)?





# Collegial Circle: Reflection Sheet

(To be completed by individual Collegial Circle participants)

Name: Whitney Sienkiewicz

Collegial Circle: Onward Book Study

Please indicate whether you Strongly Agree (SA), Agree (A), Neither Agree Nor Disagree (N), Disagree (D), or Strongly Disagree (SD) with each of the following statements:

	SA	A	N	D	SD
The established guidelines for Collegial Circles were clear to me.	✓				
The amount of time allocated for the Collegial Circle was appropriate.	✓				
Participation in this Collegial Circle fostered collaboration.	✓				
The work I did in this Collegial Circle will directly impact my classroom practice.	✓				
The work I did in this Collegial Circle will directly impact student work.	✓				
The work I did in this Collegial Circle is in alignment with district and/or building goals.	✓				
I was able to accurately assess the results of this Collegial Circle.	✓				
The documentation ( <i>samples of implementation strategies or student work sample</i> ) required for a Collegial Circle is appropriate.	✓				
We were able to meet all the goals/anticipated outcomes established for our Collegial Circle.	✓				
I am satisfied with what was accomplished in this Collegial Circle.	✓				
I would like to continue the work of this collegial circle with a follow-up Collegial Circle.	✓				
I appreciate the opportunity to work, study, and share ideas with colleagues in the Collegial Circle atmosphere.	Yes! ✓				
I would recommend this form of professional development to a colleague.	✓				

Comments/Suggestions about this Collegial Circle for PTC Policy Board:

*This collegial circle was amazing and so supportive of colleagues health, emotional needs and ability to be present for each other and our students. Highly recommend!*

Do you have any changes you would like to make to the Collegial Circles (*guidelines, hours, documentation, final report etc.*)?

*None.*



# Collegial Circle: Reflection Sheet

(To be completed by individual Collegial Circle participants)

Name: Ryan Domina

Collegial Circle: Onward

Please indicate whether you Strongly Agree (SA), Agree (A), Neither Agree Nor Disagree (N), Disagree (D), or Strongly Disagree (SD) with each of the following statements:

	SA	A	N	D	SD
The established guidelines for Collegial Circles were clear to me.	X				
The amount of time allocated for the Collegial Circle was appropriate.	X				
Participation in this Collegial Circle fostered collaboration.	X				
The work I did in this Collegial Circle will directly impact my classroom practice.	X				
The work I did in this Collegial Circle will directly impact student work.	X				
The work I did in this Collegial Circle is in alignment with district and/or building goals.	X				
I was able to accurately assess the results of this Collegial Circle.	X				
The documentation ( <i>samples of implementation strategies or student work sample</i> ) required for a Collegial Circle is appropriate.	X				
We were able to meet all the goals/anticipated outcomes established for our Collegial Circle.	X				
I am satisfied with what was accomplished in this Collegial Circle.	X				
I would like to continue the work of this collegial circle with a follow-up Collegial Circle.	X				
I appreciate the opportunity to work, study, and share ideas with colleagues in the Collegial Circle atmosphere.	X				
I would recommend this form of professional development to a colleague.	X				

Comments/Suggestions about this Collegial Circle for PTC Policy Board:

*We would like to continue work on resilience in a second circle as well as facilitate new year one circles.*

Do you have any changes you would like to make to the Collegial Circles (*guidelines, hours, documentation, final report etc.*)?

*No! It all seems appropriate.*



# Collegial Circle: Reflection Sheet

(To be completed by individual Collegial Circle participants)

Name: Eileen Conlon

Collegial Circle: Onward

Please indicate whether you Strongly Agree (SA), Agree (A), Neither Agree Nor Disagree (N), Disagree (D), or Strongly Disagree (SD) with each of the following statements:

	SA	A	N	D	SD
The established guidelines for Collegial Circles were clear to me.	✓				
The amount of time allocated for the Collegial Circle was appropriate.	✓				
Participation in this Collegial Circle fostered collaboration.	✓				
The work I did in this Collegial Circle will directly impact my classroom practice.		✓			
The work I did in this Collegial Circle will directly impact student work.		✓			
The work I did in this Collegial Circle is in alignment with district and/or building goals.	✓				
I was able to accurately assess the results of this Collegial Circle.		✓			
The documentation ( <i>samples of implementation strategies or student work sample</i> ) required for a Collegial Circle is appropriate.		✓			
We were able to meet all the goals/anticipated outcomes established for our Collegial Circle.	✓				
I am satisfied with what was accomplished in this Collegial Circle.	✓				
I would like to continue the work of this collegial circle with a follow-up Collegial Circle.	✓				
I appreciate the opportunity to work, study, and share ideas with colleagues in the Collegial Circle atmosphere.	✓				
I would recommend this form of professional development to a colleague.	✓				

Comments/Suggestions about this Collegial Circle for PTC Policy Board:

Great opportunity to communicate with + learn from my colleagues

Do you have any changes you would like to make to the Collegial Circles (*guidelines, hours, documentation, final report etc.*)?

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# Collegial Circle: Reflection Sheet

(To be completed by individual Collegial Circle participants)

Name: Paige LaBarr

Collegial Circle: Onward - MHS

Please indicate whether you Strongly Agree (SA), Agree (A), Neither Agree Nor Disagree (N), Disagree (D), or Strongly Disagree (SD) with each of the following statements:

	SA	A	N	D	SD
The established guidelines for Collegial Circles were clear to me.	✓				
The amount of time allocated for the Collegial Circle was appropriate.	✓				
Participation in this Collegial Circle fostered collaboration.	✓				
The work I did in this Collegial Circle will directly impact my classroom practice.	✓+	<del>✓</del>			
The work I did in this Collegial Circle will directly impact student work.		✓			
The work I did in this Collegial Circle is in alignment with district and/or building goals.		✓			
I was able to accurately assess the results of this Collegial Circle.		✓			
The documentation ( <i>samples of implementation strategies or student work sample</i> ) required for a Collegial Circle is appropriate.		✓			
We were able to meet all the goals/anticipated outcomes established for our Collegial Circle.		✓			
I am satisfied with what was accomplished in this Collegial Circle.		✓			
I would like to continue the work of this collegial circle with a follow-up Collegial Circle.		✓			
I appreciate the opportunity to work, study, and share ideas with colleagues in the Collegial Circle atmosphere.	✓				
I would recommend this form of professional development to a colleague.	✓+	<del>✓</del>			

Comments/Suggestions about this Collegial Circle for PTC Policy Board:

*I learned a lot from colleagues in this group!*

Do you have any changes you would like to make to the Collegial Circles (*guidelines, hours, documentation, final report etc.*)?



# Collegial Circle: Reflection Sheet

(To be completed by individual Collegial Circle participants)

Name: DENNIS J MUCENSKI

Collegial Circle: ONWARD

Please indicate whether you Strongly Agree (SA), Agree (A), Neither Agree Nor Disagree (N), Disagree (D), or Strongly Disagree (SD) with each of the following statements:

	SA	A	N	D	SD
The established guidelines for Collegial Circles were clear to me.	✓				
The amount of time allocated for the Collegial Circle was appropriate.		✓			
Participation in this Collegial Circle fostered collaboration.	✓				
The work I did in this Collegial Circle will directly impact my classroom practice.	✓				
The work I did in this Collegial Circle will directly impact student work.	✓				
The work I did in this Collegial Circle is in alignment with district and/or building goals.	✓				
I was able to accurately assess the results of this Collegial Circle.	✓				
The documentation ( <i>samples of implementation strategies or student work sample</i> ) required for a Collegial Circle is appropriate.	✓				
We were able to meet all the goals/anticipated outcomes established for our Collegial Circle.	✓				
I am satisfied with what was accomplished in this Collegial Circle.	✓				
I would like to continue the work of this collegial circle with a follow-up Collegial Circle.	✓				
I appreciate the opportunity to work, study, and share ideas with colleagues in the Collegial Circle atmosphere.	✓				
I would recommend this form of professional development to a colleague.	✓				

Comments/Suggestions about this Collegial Circle for PTC Policy Board:

AMAZING GROUP / Don't know if I could have kept my sanity

Do you have any changes you would like to make to the Collegial Circles (*guidelines, hours, documentation, final report etc.*)?

w/o them

Have a 2nd year



# Collegial Circle: Reflection Sheet

(To be completed by individual Collegial Circle participants)

Name: Bob Valente  
 Collegial Circle: Onward

Please indicate whether you Strongly Agree (SA), Agree (A), Neither Agree Nor Disagree (N), Disagree (D), or Strongly Disagree (SD) with each of the following statements:

	SA	A	N	D	SD
The established guidelines for Collegial Circles were clear to me.	✓				
The amount of time allocated for the Collegial Circle was appropriate.		✓			
Participation in this Collegial Circle fostered collaboration. <i>wouldn't mind more</i>	✓				
The work I did in this Collegial Circle will directly impact my classroom practice.	✓				
The work I did in this Collegial Circle will directly impact student work. <i>as we learn more</i>		✓			
The work I did in this Collegial Circle is in alignment with district and/or building goals.		✓			
I was able to accurately assess the results of this Collegial Circle.	✓			<i>no</i>	
The documentation ( <i>samples of implementation strategies or student work sample</i> ) required for a Collegial Circle is appropriate.			✓		
We were able to meet all the goals/anticipated outcomes established for our Collegial Circle.		✓			
I am satisfied with what was accomplished in this Collegial Circle. <i>wonderful</i>	✓				
I would like to continue the work of this collegial circle with a follow-up Collegial Circle. <i>yes yr.2 !!</i>	✓				
I appreciate the opportunity to work, study, and share ideas with colleagues in the Collegial Circle atmosphere. <i>!!</i>	✓				
I would recommend this form of professional development to a colleague.	✓				

Comments/Suggestions about this Collegial Circle for PTC Policy Board:

*Overwhelming helpful, collaborative  
 SEL for teachers  
 lots of ideas - diverse!*

Do you have any changes you would like to make to the Collegial Circles (*guidelines, hours, documentation, final report etc.*)?





# Collegial Circle: Reflection Sheet

(To be completed by individual Collegial Circle participants)

Name: Michele Slobinski

Collegial Circle: Onward

Please indicate whether you Strongly Agree (SA), Agree (A), Neither Agree Nor Disagree (N), Disagree (D), or Strongly Disagree (SD) with each of the following statements:

	SA	A	N	D	SD
The established guidelines for Collegial Circles were clear to me.	X				
The amount of time allocated for the Collegial Circle was appropriate. <i>meet for full year (c)</i>		X			
Participation in this Collegial Circle fostered collaboration.	X				
The work I did in this Collegial Circle will directly impact my classroom practice.	X				
The work I did in this Collegial Circle will directly impact student work.	X				
The work I did in this Collegial Circle is in alignment with district and/or building goals.	X				
I was able to accurately assess the results of this Collegial Circle.	X				
The documentation ( <i>samples of implementation strategies or student work sample</i> ) required for a Collegial Circle is appropriate.	X				
We were able to meet all the goals/anticipated outcomes established for our Collegial Circle.	X				
I am satisfied with what was accomplished in this Collegial Circle. <i>YES!!</i>	X				
I would like to continue the work of <del>this</del> collegial circle with a follow-up Collegial Circle. <i>YES! YES! YES!</i>	X				
I appreciate the opportunity to work, study, and share ideas with colleagues in the Collegial Circle atmosphere.	X				
I would recommend this form of professional development to a colleague.	X				

Comments/Suggestions about this Collegial Circle for PTC Policy Board:

*This was a very unique & rewarding experience. We all grew & worked together to be our best at being resilient. I highly recommend this book AND this Collegial Circle.*

Do you have any changes you would like to make to the Collegial Circles (*guidelines, hours, documentation, final report etc.*)?



# Collegial Circle: Reflection Sheet

(To be completed by individual Collegial Circle participants)

Name: Kim Waterbury  
 Collegial Circle: Onward Book Study

Please indicate whether you Strongly Agree (SA), Agree (A), Neither Agree Nor Disagree (N), Disagree (D), or Strongly Disagree (SD) with each of the following statements:

	SA	A	N	D	SD
The established guidelines for Collegial Circles were clear to me.	✓				
The amount of time allocated for the Collegial Circle was appropriate.	✓				
Participation in this Collegial Circle fostered collaboration.	✓				
The work I did in this Collegial Circle will directly impact my classroom practice.	✓				
The work I did in this Collegial Circle will directly impact student work.	✓				
The work I did in this Collegial Circle is in alignment with district and/or building goals.	✓				
I was able to accurately assess the results of this Collegial Circle.	✓				
The documentation ( <i>samples of implementation strategies or student work sample</i> ) required for a Collegial Circle is appropriate.	✓				
We were able to meet all the goals/anticipated outcomes established for our Collegial Circle.	✓				
I am satisfied with what was accomplished in this Collegial Circle.	✓				
I would like to continue the work of this collegial circle with a follow-up Collegial Circle.	✓				
I appreciate the opportunity to work, study, and share ideas with colleagues in the Collegial Circle atmosphere.	✓				
I would recommend this form of professional development to a colleague.	✓				

Comments/Suggestions about this Collegial Circle for PTC Policy Board:

*I have learned more in this CC than any other CC or P.O. Excellent group of ppl and CC leadership.*

Do you have any changes you would like to make to the Collegial Circles (*guidelines, hours, documentation, final report etc.*)?

*no*





# Collegial Circle: Reflection Sheet

(To be completed by individual Collegial Circle participants)

Name: Mindy Johnston

Collegial Circle: Onward

Please indicate whether you Strongly Agree (SA), Agree (A), Neither Agree Nor Disagree (N), Disagree (D), or Strongly Disagree (SD) with each of the following statements:

	SA	A	N	D	SD
The established guidelines for Collegial Circles were clear to me.	X				
The amount of time allocated for the Collegial Circle was appropriate.	X				
Participation in this Collegial Circle fostered collaboration.	<del>X</del>				
The work I did in this Collegial Circle will directly impact my classroom practice.	X				
The work I did in this Collegial Circle will directly impact student work.	X				
The work I did in this Collegial Circle is in alignment with district and/or building goals.	X				
I was able to accurately assess the results of this Collegial Circle.	X				
The documentation ( <i>samples of implementation strategies or student work sample</i> ) required for a Collegial Circle is appropriate.	X				
We were able to meet all the goals/anticipated outcomes established for our Collegial Circle.	X				
I am satisfied with what was accomplished in this Collegial Circle.	X				
I would like to continue the work of this collegial circle with a follow-up Collegial Circle.	X				
I appreciate the opportunity to work, study, and share ideas with colleagues in the Collegial Circle atmosphere.	X				
I would recommend this form of professional development to a colleague.	X				

Comments/Suggestions about this Collegial Circle for PTC Policy Board:

Best collegial circle / Professional Development  
EVER!!

Do you have any changes you would like to make to the Collegial Circles (*guidelines, hours, documentation, final report etc.*)?

I want more!  
Looking forward to a Round 2!!  
Highly interested





# Collegial Circle: Reflection Sheet

(To be completed by individual Collegial Circle participants)

Name: Kim Voss

Collegial Circle: Onward

Please indicate whether you Strongly Agree (SA), Agree (A), Neither Agree Nor Disagree (N), Disagree (D), or Strongly Disagree (SD) with each of the following statements:

	SA	A	N	D	SD
The established guidelines for Collegial Circles were clear to me.	✓				
The amount of time allocated for the Collegial Circle was appropriate.	✓				
Participation in this Collegial Circle fostered collaboration.	✓				
The work I did in this Collegial Circle will directly impact my classroom practice.	✓				
The work I did in this Collegial Circle will directly impact student work.		✓			
The work I did in this Collegial Circle is in alignment with district and/or building goals.	✓				
I was able to accurately assess the results of this Collegial Circle.		✓			
The documentation ( <i>samples of implementation strategies or student work sample</i> ) required for a Collegial Circle is appropriate.	✓				
We were able to meet all the goals/anticipated outcomes established for our Collegial Circle.	✓				
I am satisfied with what was accomplished in this Collegial Circle.	✓				
I would like to continue the work of this collegial circle with a follow-up Collegial Circle.	✓				
I appreciate the opportunity to work, study, and share ideas with colleagues in the Collegial Circle atmosphere.	✓				
I would recommend this form of professional development to a colleague.	✓				

Comments/Suggestions about this Collegial Circle for PTC Policy Board:

Do you have any changes you would like to make to the Collegial Circles (*guidelines, hours, documentation, final report etc.*)?

Additional *Onward* CC Feedback

Which activities in the book, or the ideas shared in *Onward*, had the biggest impact on you?

gratitude      resilience

Think of a moment that was challenging within the last year. How did your resilience strategies help you in that moment?

Reflecting on the values that really are important to humans and life generally. 'Don't sweat small stuff (all small stuff)'  
See the good

How do you feel like your life is different based on your learning from the book?

Collaborating authentically with co workers - getting to know them + myself on a deeper level.

## Additional *Onward* CC Feedback

Which activities in the book, or the ideas shared in *Onward*, had the biggest impact on you?

hearing thoughts on  
resiliency was powerful  
- knew that you weren't alone

Think of a moment that was challenging within the last year. How did your resilience strategies help you in that moment?

In my head I was raising my voice  
in a situation, but handled it professionally  
+ quietly

How do you feel like your life is different based on your learning from the book?

I am - NOT alone in my thoughts  
+ feelings!



## Additional *Onward* CC Feedback

Which activities in the book, or the ideas shared in *Onward*, had the biggest impact on you?

Group discussion of ideas. The group was very open and honest and engaged in making emotional growth progress!

Think of a moment that was challenging within the last year. How did your resilience strategies help you in that moment?

There were many, many moments when I couldn't even identify why I was feeling emotionally spent. Just having the group to help identify & discuss ~~with~~ helped me not feel alone & discuss growth possibilities.

How do you feel like your life is different based on your learning from the book?

I feel connected, no longer on an ~~is~~ island when it comes to struggles in teaching.

## Additional *Onward* CC Feedback

Which activities in the book, or the ideas shared in *Onward*, had the biggest impact on you?

- Reflecting on the positive and practicing gratitude.

- Unpacking challenging feelings such as feeling overwhelmed and unappreciated. Utilizing strategies & supports from group.

Think of a moment that was challenging within the last year. How did your resilience strategies help you in that moment?

Before winter break, I was at a very low point professionally and feeling overwhelmed with life in general. The group helped me process these feelings and commit to taking time for myself and my family.

How do you feel like your life is different based on your learning from the book?

I am more patient and accepting of myself. I know I am not alone in my professional challenges and that there is <sup>always</sup> hope.

## Additional *Onward* CC Feedback

Which activities in the book, or the ideas shared in *Onward*, had the biggest impact on you?

I have to say that as a whole the regular meetings were a tremendous experience. This has been such a positive in my school year!

Think of a moment that was challenging within the last year. How did your resilience strategies help you in that moment?

Students seem to be extra anxious this year. I feel I've been able to tone down my own stress/anxiety/urgency to be perfect in my work covering the content so that I don't add to their anxiety. This year has gone much smoother.

How do you feel like your life is different based on your learning from the book?

I do feel more resilient in my professional and personal life. I've strengthened & learned skills & strategies that are & will serve me for a long time. I feel calmer.



## Additional *Onward* CC Feedback

Which activities in the book, or the ideas shared in *Onward*, had the biggest impact on you?

The ~~Section~~ Section about focusing on the bright spots & empowering ourselves and others to be resilient gave me a new perspective towards my ability to avoid burnout.

Think of a moment that was challenging within the last year. How did your resilience strategies help you in that moment?

Knowing that this group was around and open to share our experiences made ~~it~~ each day more comfortable.

How do you feel like your life is different based on your learning from the book?

The book gave me perspective... both in reading the book & working with people outside my department helped me see similarities and differences in our experience this year.

## Additional *Onward* CC Feedback

Which activities in the book, or the ideas shared in *Onward*, had the biggest impact on you?

the "thank you" activity to frequently recognize people you're grateful for + why

Think of a moment that was challenging within the last year. How did your resilience strategies help you in that moment?

- recognizing that others have similar challenges
- taking a step back + analyzing the depth of the challenge

How do you feel like your life is different based on your learning from the book?

Living in the moment more often + spending some time away from technology

Additional *Onward* CC Feedback

Which activities in the book, or the ideas shared in *Onward*, had the biggest impact on you?

1st activity we did  
b/c it allowed me to get  
to know + feel comfortable  
w/ people in the group. Made me feel  
emotionally safe.

Think of a moment that was challenging within the last year. How did your resilience strategies help you in that moment?

Helped me know I was not alone,  
other people are going thru the same  
things. A fist is better than 5 individual  
fingers.

How do you feel like your life is different based on your learning from the book?

Brought me closer to my  
colleagues



## Additional *Onward* CC Feedback

Which activities in the book, or the ideas shared in *Onward*, had the biggest impact on you?

The ideas/concepts of embedding resiliency strategies in proactive ways instead of reactive ways. The discussions with this group were comforting, supportive, encouraging and thoughtful.

Think of a moment that was challenging within the last year. How did your resilience strategies help you in that moment?

Knowing I had the book to refer to and had baseline strategies were so helpful - it was also helpful to see my colleagues around the buildings - great visual reminder of the work we completed together.

How do you feel like your life is different based on your learning from the book?

Not just the group but the discussions have helped me to feel more grounded and less hard on myself.

## Additional *Onward* CC Feedback

Which activities in the book, or the ideas shared in *Onward*, had the biggest impact on you?

The chapter on Cultivating Compassion reminded me to take perspective when working with students with challenging behaviors.

Think of a moment that was challenging within the last year. How did your resilience strategies help you in that moment?

When a student entered my class dysregulated most days, I was able to respond with patience and compassion so the student was able to process and move forward.

How do you feel like your life is different based on your learning from the book?

I am more thoughtful of how I let challenges affect my outlook on teaching and think more about how I can solve problems than how they are making me feel.

## Additional *Onward* CC Feedback

Which activities in the book, or the ideas shared in *Onward*, had the biggest impact on you?

I enjoyed the monthly topics (e.g. gratitude - how to find gratitude when the school year is beating you down)  
It was so helpful to hear how other teachers deal w/ stress, difficult situations etc.

Think of a moment that was challenging within the last year. How did your resilience strategies help you in that moment?

- Dealing with our first year back after COVID shut down + hybrid year.
- Focus on small victories, commiserate w/ peers, etc.

How do you feel like your life is different based on your learning from the book?

Learned much from members of group; ~~gained perspective~~ everyone had different challenges this year; loved hearing how everyone dealt w/ their challenges