**NPR’s StoryCorp series: Self Interview**

***Reflecting on What Matters Most and How This Informs Your Teaching***

***Relevance:*** I heard this list on MPB (Mississippi Public Broadcasting) when I was driving to Tupelo, MS to do a residency. I then started assigning it to my junior dance educators to complete during their first week of the fall term in a writing intensive class called “Methodologies of Teaching Dance in Education.” The course is a pedagogical smorgasbord of “all things teaching” and everything that you need to know, be able to do, and demonstrate professionally can be daunting initially. To balance this, students complete this self-interview to remind them that “who they are” as people and the values and experiences and dreams that guide them, are more influential to their teaching than anything they will learn in the class. Who they are, or their disposition, is what will lead them to be a good teacher or a great one. The idea is that if you are clear about who you are (and who you are not) and are able to honestly assess/claim/express yourself, you can help others to do the same, particularly when teaching in an artful way where creativity is appreciated as much as, if not more so, than a particular answer or solution to a problem. Filling out this questionnaire also helps to re-align ourselves with what matters most if we have lost touch with this for whatever reason, which often times results in a loss of inspiration in the classroom or a loss of patience and empathy with students. Finally, by looking back so comprehensively on your own life, you may realize that your students and you have much in common despite potentially significant differences otherwise. It is just a great exercise to get in touch with oneself, and a terrific one to assign to older students who may be going through a lot of changes themselves.

1. What was the happiest moment of your life?
2. What was the saddest moment of your life?
3. Who is the most important person in your life?
4. Who has been the kindest to you life?
5. What is the most important lesson you have learned in life?
6. What is your earliest memory?
7. What words of wisdom could you share with another?
8. What are you proudest of in your life?
9. How is life (or your life) different from you imagine it would be?
10. How would you like to be remembered?
11. Do you have any regrets?
12. What does the future hold?
13. Do you have a secret that you have never talked about or told anyone of?