This is what I originally posted as my **Distal** and **Proximal** goals. Whenever we do things, however, we (or at least I) inevitably need to make adjustments.

My reflections with regard to these adjustments are in the two YouTube links below.

**Distal Goal:**

I will develop a one-semester Grade 8 course that includes local Indigenous content, study skills, and career education and also covers the topics of positive relationships, mental health, online safety, and the principles of SRL.

Please note: I have added to this since the first assignment was turned in.

**Proximal Goals:**

1. Write out the learning outcomes for the course:
2. By June 30, 2023, students will be able to …
3. By June 30, 2023, students will know …
4. Etc.

This will be completed by Friday, July 29.

1. Comprise a list of potential teaching resources or teaching strategies for each of the stated learning outcomes.

This will be completed by Monday, August 1.

1. Analyze each of the resources and decide which resources and/or strategies will be used to teach each of the learning outcomes, noting that there will be some overlap (for example, SRL includes study skills)

This will be completed by Friday, August 5.

1. Given that SRL will benefit students in their entire school experience, devise a program to collaborate with core subject teachers in applying SRL study skills (for example, a self-evaluation program for students to assess their study habits in core subjects and monitor improvement).

This will be completed by Monday, August 8.

1. Create a course outline for the 2022-23 school year.

This will be completed by Friday, August 12.

1. After the course is developed, I will email an electronic copy to the Grade 8 core teachers and to my principal. I will ask them to provide feedback and ask if we can meet to go over the course sometime **before classes begin in September**. I will listen to their feedback and make changes as necessary.

After each proximal goal is completed, I will watch an episode of Ted Lasso as both a reward and for inspiration.

**Reflecting on my Inquiry Project**

As part of the inquiry process, I made this video reflecting on my progress:

<https://www.youtube.com/watch?v=CkBF18nGTDM&t=4s>

After discussing the challenges I was facing with my discussion group, I made this video:

<https://www.youtube.com/watch?v=EWyR0OcdQpI>

**FINAL REFLECTIONS ON MY INQUIRY PROCESS**

Being given the assignment to apply the SRL process to my professional practice proved quite serendipitous.  SRL is central to the BC K thought 12 curriculum, and my principal asked me to design a Grade 8 course that I will begin teaching in September.  The choice of a distal goal was therefore quite straightforward for me.  The next step of writing down proximal goals was also not difficult because I’ve designed numerous courses in my career.  In fact, writing proximal goals made achieving the distal goal seem more attainable.

As I got into the inquiry process, I realized how much I value professional collaboration.  I found myself overthinking ideas and doubting myself.  Self-doubt is a very valuable tool for personal and professional growth, but when it occurs in isolation it becomes stifling.  I was also neglecting to reward myself for the work I was getting done, and this resulted in procrastination.  The discussions I had with my small group were extremely helpful and gave me renewed energy.  These experiences brought me to a better understanding of my primary resource, the *7 Habits of Highly Effective Teens*.  When we “synergize” (habit 6) we come up with the best ideas, and it is vital to take time to “sharpen the saw” (habit 7) in order to maintain balance and productivity.

In concluding my work on this assignment, I realize it is not done.  In fact, it will never be done.  The art of teaching requires constant evaluation and adaptation.  I watched an interview with the comedian John Cleese and I realized how similar teaching is to comedy.  Cleese talked about how he can write jokes, but he doesn’t know if they are funny until he tells them (Cleese, 2022,  28:30 to 30:55).  Similarly, you don’t know if a lesson is effective until you teach it.  If it’s not effective, then you need to make changes.  I also know that I will continue to discover new resources as I develop individual lessons, and that I will continue the synergizing process as I work more with my colleagues in my school.

My ultimate goal as an educator is to inspire my students to be the best people they can be.  Working on this project has helped me to realize how much joy and satisfaction I find in figuring out ways to make that happen.

References

British Columbia Ministry of Education. (n.d.). Curriculum. Retrieved August 12, 2022, from https://curriculum.gov.bc.ca/

Covey, S. (2014). *The 7 Habits of Highly Effective Teens*. Simon & Schuster.

ReasonTV. (2022, August 1). *John Cleese's war on wokeism*. (28:30 to 30:55) YouTube. Retrieved August 12, 2022, from https://www.youtube.com/watch?v=mBf6kJIbXLg