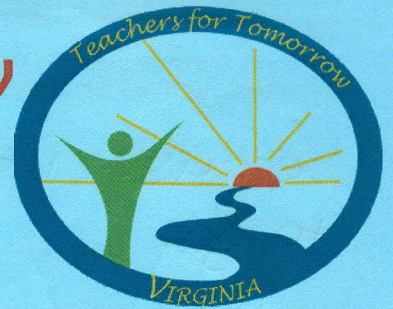


# Virginia Teachers for Tomorrow



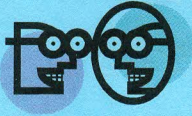
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First Colonial High School  
Family and Consumer Science Department  
Christina M. Frierman, Coordinator

April 24

## Reflection Day I...

**Directions:** Isn't it exciting to be back in our classroom together? Today we are going to reflect upon our internship experiences. Complete the following using your best handwriting and the tenets of Standard English grammar, punctuation and spelling. Happy Reflection!



VTfT Intern's Name: Madison King

My Cooperating Teacher's Name: Mrs. Murphey

My Internship School: Lynnhaven Middle School.

My first day impressions were this class is very noisy & immature. I do not know if I will do well in middle school.

My cooperating teacher is best described as welcoming & helpful. She is always attentive to the needs of her students. She is also very laid back.

My most memorable moment was walking in the classroom because I was greeted by all the students.

My most awkward moment was walking to the classroom  
because I got lost & didn't know where  
to go.

The most exciting thing I've learned is teaching is hard but  
rewarding. I saw a sign of what students said  
about Ms. Murphey & it touched my heart.

The scariest thing I've learned is middle schoolers have  
A LOT of energy. That is hard to teach  
against.

What I wish I knew before I started my internship middle school is  
hard to teach, even for middle school teachers.

Questions I have are how to get the students under  
control w/out losing your "cool".