

Reflected Best Self

CPD 410 Spring 2025

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Common Theme	Examples Given	Possible Interpretation
Organized	<ul style="list-style-type: none"> - Color-coded calendars - Printed schedules for children. - Specific routines for children. 	<p>I value and appreciate having structure and order in my surroundings. This structure creates clear, consistent routines and enhances communication, allowing the day to run smoothly.</p>
Creative	<ul style="list-style-type: none"> - Crafty with children and their school projects. - Use of Cricut machine. - Personalized gifts for family, friends, and children’s teachers. 	<p>I enjoy hands-on activities that allow me to be creative and resourceful. Creating gives me the chance to think outside the box and make meaningful things for those around me. I enjoy adding a personal touch making a project special for those I care about.</p>
Loyal and Loving	<ul style="list-style-type: none"> - Look out for those I am faithful to. - When needed make choices that best benefit family and friends. - Caring for those around and wanting the best for them 	<p>I value loyalty and love deeply. When making decisions, I focus on what will benefit or impact those I care about most. I believe in always being there for the people I love, offering support and affection. Sometimes giving tough love when needed.</p>
Persistent	<ul style="list-style-type: none"> - Goals continue until completed. - Looks for solutions - Does not give up - Pursuing a degree while continuing to stay at home duties and working part 	<p>When I set a goal, I push forward until I achieve it, regardless of how long it takes. I am solution-oriented and prefer to find a way to overcome obstacles rather than give up. I am</p>

	time as a substitute.	dedicated to completing my degree(a full-time course load) while balancing my responsibilities at home as a mom, and working part-time.
Work Ethic	<ul style="list-style-type: none"> - Determined - Always gives 100% - Strives to do the best like making Dean’s List - Punctual - Responsible 	I value a strong work ethic with good core values. I am determined to do my best in everything I do. When I set a goal, such as completing my degree, I strive to achieve it, aiming for accomplishments like making the Dean's List. I value punctuality and responsibility. These things allow others to feel confident in depending on me. I hold myself accountable to high standards in all my endeavors.

My Best-Self Portrait

- I am at my best when I am organized with my schedules, appointments, and availability for those in my household, no matter how hectic things may get. This organization ensures that I am where I need to be, when I need to be there, and for who I need to be there for. It also helps all family members fulfill their commitments and be prepared. Maintaining a schedule and routine allows our home to function as smoothly as possible, even during chaotic times. I do understand that there will be moments when we need to deviate from the schedule, and I strive to be as adaptable as possible in those situations.

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- I am at my best when I am being creative. The need to be resourceful enhances my creativity, allowing me to be hands-on and create meaningful and special moments for those I love. My creativity has allowed me to assist my children with their assignments and has been valuable in my work as a substitute teacher.
- I am at my best when I am loyal and loving. These values guide my actions and determine how I interact with the people I care about. I stand up for my beliefs and remain faithful in my relationships. I find joy in caring for those around me, always wishing the best for the people in my life. I desire to support whenever and wherever I am able.
- I am at my best when I am persistent. I believe I can accomplish all the goals I set my mind to. Despite setbacks, hurdles, or life circumstances that arise, I will remain focused. I understand that goals can be reached by progress not perfection, although striving for perfection when possible is a bonus.
- I am at my best when I exhibit a strong work ethic. I am always determined to put forth my best effort. Whatever task I am taking on, I ensure that I meet all requirements and go above and beyond whenever possible. I understand that my strong work ethic makes me reliable, highlighting the significance of responsibility.

Reflection

As I reflect on the feedback I've received from close friends and family, I feel it truly captures who I am as a person. I often find that I'm harder on myself than others are, especially when I don't manage to tick off everything on my to-do list or fall short of a daily goal. I tend to forget all the other responsibilities I'm juggling and the progress I've made. In this exercise others have reminded me of the things I am getting right and the accomplishments I've achieved, it helps me realize I need to extend grace to myself. I'm only human. In the grand scheme of things, I'm succeeding and making meaningful strides while remaining persistent on my goals. Ultimately, I want the impression others have of me to reflect qualities like hard work, responsibility, loyalty, love, trustworthiness, and persistence. While some of these qualities weren't directly mentioned in the feedback I received, many of them were, and that reinforces the values I hold close.

How This Will Transfer to My Career

The attributes mentioned will contribute to my success in my future career as a teacher. It will be important to establish clear procedures and structure for my students while fostering a loving and nurturing learning environment. My students will rely on me to be loyal to them and persistent in supporting their education, ensuring that I am always dedicated to their individual growth and success. Creativity will be essential, as it will allow me to make learning engaging and dynamic for all of my students. In addition, my persistence will need to be creative and will be crucial when I need to find new ways to

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deliver material to meet the unique learning needs of each student. These qualities will help me create an environment where all students feel valued and supported in their educational journey.