

1st Year Professional Development Plan

What is it?	Description	Reflection
WHMIS 2015 training	WHMIS 2015 is a system that provides health and safety information about hazardous products. This training provides workers with the information they need to stay safe when working with hazardous materials.	This professional development training is legally required for educators who will be working with hazardous materials (i.e., science teachers, shop teachers, etc.). If I get a full-time position as a science teacher, I will need to conduct this training, but it is also available for free through many platforms, including through TRU Moodle . Though I have done WHMIS training in the past, it is important to keep up to date to ensure the safety of staff and students when storing and handling chemicals that may be present in the classroom.
Motivating Students to Learn – Alison Online Course	This is an online course targeted toward student motivation. It covers different factors that affect motivation and how to create environments that promote motivation and effectiveness.	I feel as a whole, motivation is on the decline in general, and I notice this trend in my peers, on social media, and particularly in schools. During my long practicum, I had challenges with getting students to work during in-class work periods as well as complete any assigned work/projects. I am hoping that this online course will help me learn some strategies that help students with their self-efficiency as well as learn some underlying behavioural or social factors that can contribute to a lack of motivation so that I can address them accordingly.
Fundamentals of Classroom Management – Alison Online Course	This is an online course targeted to helping educators learn how to manage classroom behaviour. It includes techniques that help with creating an ideal learning environment as well as educational psychology related to learning and development for children.	Classroom management is an area of development that I need to address. I love building relationships with students, and while I have no trouble with that aspect, I also need them to understand that I am the authority figure in the class and sometimes I need to be firm. As a soft-spoken individual, I have trouble getting the

		<p>class's attention particularly during transitions or when we are doing something students might call "boring" (i.e. notes, going over previous assignments/homework, instructions, etc.). I would like to inform myself on how to gain more control in my class while maintaining a positive environment to maximize efficiency and learning and minimize distractions.</p>
<p>Aboriginal Worldviews and Education – University of Toronto Online Course</p>	<p>This is a free online course offered by UofT. It explores worldviews in regards to education as it's experienced by Aboriginal people. It focuses on comparing Aboriginal worldviews to Western worldviews and outlining the history of Indigenous education in Canada. This course has an emphasis on repairing the damage that has been done by colonization by changing the relationships between Indigenous and non-Indigenous peoples.</p>	<p>As an educator in Canada, it is my responsibility and privilege to inform myself and practice indigenization in my classroom. Admittedly, I am not too informed on what it means to "decolonize" and I would like to know more about how I can incorporate decolonization not only in my classroom but also in my everyday life. This course will help me become a more knowledgeable, compassionate, and understanding educator, ultimately improving my practice.</p>
<p>Indigenous Canada – University of Alberta Online Course</p>	<p>This is a free online course offered by the University of Alberta. This course provides an overview of Indigenous histories and issues in Canada. It covers topics such as storytelling, the fur-trade and how this system altered social and political working of Indigenous peoples, the significance of treaties, Indigenous legal traditions, art, and colonialism and assimilation.</p>	<p>As an educator in Canada, it is my responsibility and privilege to inform myself and practice indigenization in my classroom. In this module I will learn the significance of stories in Indigenous cultures and hopefully learn how I can incorporate storytelling into my practice. Additionally, I will learn about some of the commonalities and differences between different Indigenous groups in Canada in regards to their history and way of living which will help me develop cultural awareness as well as understand the importance of place, traditions, and heritage to Indigenous peoples.</p>
<p>Psychology 3451 – Adolescent</p>	<p>This is an online self-paced course that explores the adolescent stage of development. It covers key</p>	<p>High school is a social environment as much as it is an academic one. It is important to understand that</p>

Development TRUOL	aspects of adolescent growth such as physical, cognitive, emotional, social, and personality development in the context of various environments including school. It also addresses autonomy and moral development and behavioural and emotional challenges adolescents may experience including substance abuse, depression, and eating disorders. It also addresses cross-cultural differences and environmental influences on development.	adolescence is a really confusing time for a lot of students as they go through rapid changes in their body, hormones, social life, an increase in autonomy, and figuring out their identity. This course will really help me understand some of the nuances behind adolescent development. Covering topics such as depression and delinquency will help me empathize with students who are struggling with these things as well as strategize ways I can shift my classroom environment to shift the needs of these students to better support them and make them feel safe. In addition, I am eager to learn more about psychology as a whole, and I am a few courses away from having Psychology as a teachable subject.
Science Literacy – University of Alberta free online course	This is a free online course offered by the University of Alberta that focuses on increasing scientific literacy. This course covers topics such as pseudoscience, scientific methods, and critically evaluating evidence.	Critical thinking is one of my core teaching philosophies. I believe that teaching students how to think critically is one of the most important things we can do in this world full of misinformation and fake news. Though I believe that my critical thinking skills have been well developed throughout my entire post-secondary educational experience, I know there is always more to learn, and hopefully this course can teach me a thing or two. Most importantly, I am hoping I can use or modify some of the learning experiences in this course to teach my own students critical thinking skills, forming logical scientific arguments, and scientific literacy.
Anti-Racism Awareness – University of British Columbia free Online	This is a free online course offered by UBC. It covers a wide range of topics related to racism, such as historic and systemic racism, the hegemony of racism, and how people experience racism in their	Canada is a diverse and multicultural society, and is all the better for it. As a white person living in Canada, I recognize my privilege in not experiencing racism as many of our citizens do. As an educator, it is

course	everyday interactions. It also pushes people to think critically about racism in order to take steps to raise awareness, take action, and dismantle racism in Canada.	important I am educated on the forms of implicit and explicit racism that exist in Canadian history and systems, including the education system, and it is also critical that I act against it. I hope to use the knowledge I gain in this course to create a safe place for all ethnicities in my class and to educate my students on racism and how to fight against it to make Canada a better place forever.
Coaching in Canada – CAC eLearning module	This is a free module that focuses on a variety of topics relevant for coaches in Canada. This includes Indigenous history in sport, identifying unique needs of athletes, key components of high performance, and elements supporting the “Safe Sport” movement. In addition, this course has information to navigate Canada’s sports system and provides resources for appropriate sports organizations to contact for specific inquiries regarding athletes and/or coaches.	Wherever I end up, I would like to participate in extracurricular school athletics. Ideally, I would like to help out with any track and field team if applicable, but I would also be open to helping with volleyball or soccer. As I have never ~ really ~ coached before, this course will help me learn some ways to coach in an inclusive and athlete-centred manner while promoting positive physical and athletic development to athletes from a variety of cultural backgrounds as we have here in Canada.
NCCP Foundations of Coaching (Theory for Sport Coach and Club Coach)	This is a paid live session module that covers safety and emergency action planning in coaching, coaching analysis and feedback, physiology, and practice planning for athletics.	I recently completed an NCCP Run, Jump, Wheel, Throw course. As I have a strong interest in track and field, this course is the next step in coaching athletics. It will help me develop the essential skills I need to be a coach, including my ability to create a supportive, growth-centred environment, provide constructive feedback, and adjust my coaching style to meet the needs of the athletes. It also emphasizes holistic coaching, which I am keen to learn about, focusing on the interconnectedness of physical, mental, and emotional well-being of athletes to best support performance.

