**Kayla Observation**

I attended Kayla’s class on mindfulness to observe her teaching approach on Thursday, August 24th. Directly following the class, we met so I could provide my feedback as well as discuss how we each thought the class went. In this paper, I will report our discussions in our debrief meeting, what I learned by observing Kayla and providing feedback to her and finally I will reflect on my experience sharing the feedback.

Firstly, I offered a congratulations as I felt Kayla did a great job and was confident in her approach, especially for it being so quick since we discussed our teaching schedule, leaving her little time to prepare. She was eager for feedback, so we got right into it. Her PowerPoint was clean, easy to read and simple to follow. I shared my confusion on how the point system worked on the “Classroom Lesson Observation Form,” and showed her how I scored on each section. We discussed her forgetting to take attendance at the beginning of class, but both agreed that doing so at the end was fine also, which is what she did. One critique I had was she stated her goals rather quickly with what seemed like little attention paid to them by the students. I shared that I felt like going over them slower might be beneficial to the students understanding of what to expect in the lesson. We briefly discussed how there could be better ways to engage the students in the stated objectives for the class. She had each student grab a piece of candy as they came into class which seem to pique interest on what they would be doing with their candy and how it applied to the class. Most of our discussion was around her multiple activities and how the students seem to respond and engage to each of them. The candy was used to demonstrate mindful eating that seemed to go over well with the students and made the topic fun. I appreciated her humor in her discussions as well as her general creativity with her presentation.

Secondly, by observing Kayla, I learned that it’s ok to be nervous. Kayla was nervous but I’m not sure the students would have known that. I appreciated her bravery! I also learned that activities really do matter and can make all the difference in a classroom setting. Student engagement is crucial to discussion and learning from one another. Creating a space where students feel safe enough to engage is also very important. I felt like Kayla did a great job creating such a space.

Finally, reflecting on my experience of sharing my feedback, I was happy to go over my observations with Kayla. It seemed to help ease her worries about her performance and validate her efforts. We were both able to laugh at the uncomfortableness when it feels like students won’t respond to a prompt or the awkward silence while waiting for someone to speak up. Looking forward to being the receiver of Kayla’s feedback as the semester goes on.