

Tutoring Log/ Log Composite

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EDUC 310

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10 December 2015

Tutoring Log of Rachael Heidorn

Goal Setting

Throughout this experience I hope to gain some new insight. I don't ever want to work in a high school but I really think it would help me see the different ways to teach. I'm basically in a weightlifting class so I really think I'm going to pick up on a lot of social observations. Hopefully I can build a relationship with the two classes I am involved with the students and the teacher. I also want to build a relationship with the teacher to where I can be comfortable enough to ask her questions and seek advice. I may also someday have to teach an elementary gym class and I hope to gain some ideas that I would use in my class someday.

Orientation

I developed such a good relationship with Ms. Nelson. She was very easy to talk to and the students respected her. She had a wonderful balance of being the students' friend and authority figure. I think that's very important when teaching gym because so many students groan about it. So she really worked hard to make whatever they were doing fun and applicable to their lives. She always pushed her students to do their best but she didn't push to the point where the students resenting fitness.

Description of the School and Classroom

The first class I'm in is in a weight room and all the students have their own sheet to fill out. Once they complete an exercise, they check it off their list. They are all juniors and the class is one option of a required physical education credit. This class has a mix of many ethnicities. The second class I am in is a cardio class. On Mondays, they do a workshop. On

Wednesdays and Fridays they do many different cardio exercises. We are in a regular classroom to start and then move to where the exercise is. The class is made up of freshman. As the semester went on, the classroom stuff got weeded out and then was brought back towards the end of my time there. For this class we were all over the school: the gym, tennis courts, swimming pool, walks, and the classroom.

SEA

Day One- Hours 1 & 2

First Class: On the first day I basically just observed and got to know both classes. I also got to know my teacher where we actually made some connections. Turns out we both know a teacher I had in high school. She also lived 45 minutes from where I live. In the weightlifting class, I just watched and had a few conversations about homecoming week with a few girls. In the cardio class, I helped a girl from China who doesn't speak any English. I helped her by using her translator on her phone. I was really nervous right away as to how I would help her but I think it went really well. We didn't spell out very fluent sentences but we got the words written down that were needed.

Day Two- Hour 3

When I got to school this day I went straight to my classroom to find it locked. I wandered around the school until I found my teacher. Apparently it was pep fest and they had a shortened schedule. I ended up spending my hour in a health class. In the class we were working with Multiple Intelligences. I went around the classroom asking why they might have fallen under a multiple intelligence category. The Naturalist group had no idea why they fell into that group. I was excited to go to talk to them about it because I also fall under the same

category. I talked to them how I fall under it and they could not relate. I noticed that the teacher I was with this day really tried to relate with her students and make the students time in class worthwhile. She also had a lot of energy that some of the students loved and some seemed annoyed by.

Day 3- Hours 4 & 5

First Class: The first period was usual. The students went about their weight lifting duties. I observed the students interacting with one another and the teacher.

Second Class: The second period was a bit more eventful. I started off by helping Ms. Nelson track down sit and reach boxes for some physical assessment. When we got to the mirror room Ms. Nelson began to explain to the class what the assessment is about and what the students have to do. The mirror room is a room with a wall of mirrors and a walk wall. After the explanation, I was to help the ELL student with the shoulder stretch and the sit and reach. She figured both out fairly quick with imitating the teacher.

Day 4- Hour 6

This day was a frustrating day. I went to the weight room, where we usually meet. I got there to find the room locked and my class nowhere to be found. I went to the office to ask where they might be. They had no idea. I checked outside, the mirror room and the weight room again. After an hour of waiting around and searching, I emailed the teacher and left. She emailed me back about 30 minutes later to tell me they went for a walk. After this, I now know to get in touch with the teacher before I get to the school.

10/5 Hours 7-8

First Class: Today, the teacher told the class to lift hard for a full 30 minutes then they could start to cool down. Some of the students made it a good 15 minutes and then checked out. I like that the teacher gives the students a lot of independence but sometimes the students take advantage of that independence. Some of the students don't do anything which is the opposite effect the class is supposed to have. The positive take-away is that the students trust her enough to confide in her.

Second Class: In the second period, the class played soccer. There were three sections of the court marked off by cones. The section that had the goal is where only defenders could be. The second section is where only the mid-fielders could go. The third section is where the offense could go. This made it so that the students who were good at soccer didn't dominate the field. That is very common when playing sports. The star players take over the game, leaving the people who are not good at the sport left to dry. This tactic worked. I saw every student participating.

10/7 hours 9-10

First Class: The first period was spent going for a walk. The class went about a mile in a neighborhood near the school. It was great to get out into the fresh air. I got to know one of the girls in the class very well. She was the type of person who nervously talks which made for no awkward silences! I found out that we had a lot in common. I'm starting to feel a lot more comfortable talking with the class as a whole.

Second Class: The second class went swimming. A lot of the girls were not happy about going, which was expected. I remember hating to go swimming in high school also. They all went besides one. One girl refused to go for a couple reasons. One, because she didn't know how to swim. Two, because she simply did not want to try to even learn.

10/12 hours 11-12

First Class: The girl I became close with from last week told me about her new relationship with a guy she has had her eye on. I like the fact that she feels comfortable enough to come tell me that. The class did not want to be there today. I heard from multiple people on how much they didn't want to do anything.

Second Class: The class played tennis outside today. Not one of them was excited. It was cold and very windy. The teacher was excited to push them to do something they are not comfortable with today. She knew they would struggle and that exactly what these kids need. They need to put into situations that are not always the best. The kids who embraced the cold and the wind learned that situations like these are really what you make it. If you want it to be terrible, then it will. If you want to make it positive and fun, then it will.

10/14 hours 13-14

First Class: Today we had a substitute teacher. This guy was hilarious. During our usual Wednesday walk, he at one point acted as a traffic police officer. He was blowing his whistle and doing the hand motions; the class didn't think it was as funny as I did. Aside from their lack of classic humor, the students really liked this sub. I asked some of them what they think of him and they all like how fun and crazy he is.

Second Class: The same substitute was in charge of this class today also. The class went swimming and I was in charge of giving the workout instructions to those not swimming. I had to explain the worksheet by physically showing what the pushups, dips, and ab workout should look like. I had to really push one kid to do the work. He tried to convince the sub that he wanted to go swimming so the sub went to look for a swimsuit. I knew the kid was just trying to

waste time and it worked. I had to keep telling him to just do his best and to not be lazy. The student seemed generally nice, just lazy.

10/19 hours 15-16

First Class: The class did their usual weight lifting. I talked with one of the students about a trip she had recently went on. Then we went on to talk about some of her tests that she is going to take later in the day.

Second Class: The class played a spin-off of tag in the gym today. They were to grab a partner and one was labeled a fruit and the other a vegetable. If a fruit was said then the vegetable had to catch the fruit and vice versa. The students seemed to really enjoy this game.

10/26 hours 17-18

First Class: Today started off differently. She started off by telling them all to get two plates (lifting plates). She showed them the correct way to hold them and a series of arm workouts. This was all a version of guided practice by showing them first and then having them do it with her. She pushed them to go beyond what they could do but told them to do as much as they could. After the arm workout, the class jumped right into their regular workout. I think making them do the arm workout first got their bodies excited to continue working out. I have literally never seen them work so hard. Even the students who never do anything did a little.

Second Class: The class went swimming today and there were quite a few students that didn't go swimming. A lot of the girls blamed it on being personal problems.

10/28 hours 19-20

Today was interesting. East had their blood drive and my teacher basically organizes the whole thing so her classes had a study hall. I was prepared to try and help the students with homework or something but they all literally sat there listening to music and looking at their phones. Both classes I usually attend were like this.

11/4 hour 21

I'm down to only going to the second now due to clinicals. I am okay with this because I didn't feel that going to the first hour was worth my time. All the class did was weight lift whereas the second hour does something different everyday and I have more of a chance to interact with the students.

Today, the class went swimming again and I had a chance to talk with a girl that decided to do her swimming lessons in the morning. She does this because she is not comfortable swimming with the class since she doesn't know how to swim. She is afraid of embarrassing herself in front of the class.

11/11/15 hour 22

The class went swimming again and I talked with the girl I usually talk to during this hour. She didn't really want to talk a lot today so I didn't pri. The students had to swim a 400 without stopping. So many of them gave the teacher the puppy dog look of not wanting to do it. They all ended up doing it but a lot of them failed due to stopping not just once but multiple times.

11/16/15 hour 23

Today we were in the classroom. The students were assigned a fitness log. They started it last Friday and we're finishing it up today. I was asked to help two students. I helped them

figure out what their fitness goal and how they were going to obtain it. One girl's goal was to not die. I tried to convince her of an actual fitness goal but she was adamant. Instead of trying to convince her of something else, I went with it. We went through all the steps needed in order to not die.

11/18/15 hour 24

The class did their usual swimming today. The class had to do their survival swim. They had to tread water for five minutes. Most the students did just fine and some struggled. The ones that struggled surprised me because they are fit people. It was their attitude that made them fail. One guy had to touch the wall multiple times. There is a Chinese girl that comes to the class every once in awhile and I got a little glimpse into what Chinese television was like. I did not like it but it was cool to see what her culture finds entertaining.

11/23/15 hour 25

Today I helped out in the classroom. I mainly helped two students. They were the two I usually helped. I helped them come up with ideas for their fitness journal and had them stay on track. I only told them it was my last day and they were sad to see me go. One of them even made me a gift, it was an interesting gift but still very thoughtful.

Log Composite

Quite honestly, I didn't gain as much as I had hoped from this experience. I understand that this was mostly observation but I would have loved to have been more interacted with the students. Being in a weightlifting and a cardio class that consisted of mostly swimming, there wasn't much for me to do. On the days where I was assigned things to do like showing the

students a work out one day, I loved it! I felt like I was gaining experience and helping out. I wasn't there as a gym teacher in training so I'm sure my teacher wasn't really sure as to what I could handle. I would always ask if there were anything for me to do but there wasn't very often stuff for me to do.

Regardless of not having a lot to do, I did gain valuable information. I learned so much from the foreign exchange students and from the anti-social students. I found that I'm really good at talking to the students who don't 'fit in' with the other students. I feel like they need to experience the same things, but may be need approached about it in a different way. Just like children learn differently in a classroom, they learn differently in a gym class also. Ms. Nelson tried to cater to most students needs, especially when it came to swimming. Many students met with here one-on-one in the morning to swim for a few reasons. One student met because he was self-conscious about his body type and another student met because she didn't know how to swim. There was one student in her class that had very low self-esteem so when ever she could, she gave him encouragement or compliments.

Overall, the most valuable lessons I learned from this experience were figuring out how to talk and listen to all types of students. I truly believe that I can use the information learned from this experience in my classroom. And maybe someday I will teach gym. Now I have ideas on how to teach it if that ever happens!