

# Phases of First Year Teaching

## Anticipation Phase

“I was elated to get the job but terrified about going from the simulated experience of student teaching to being the person completely in charge?”

## Survival Phase

“I thought I’d be busy, something like student teaching, but this is crazy. I’m feeling like I’m constantly running. It’s hard to focus on other aspects of my life?”

“I thought there would be more time to get everything done?”

## Disillusionment Phase

“I thought I’d be focusing more on curriculum and less on classroom management and discipline. I’m stressed because I have some very problematic students who are low academically, and I think about them every second my eyes are open?”

## Rejuvenation Phase

“I’m really excited about my story writing center. Although the organization of it has, at times, been haphazard, story writing has definitely revived my journals.”

## Reflection Phase

“I think that for next year, I’d like to start the novel activity earlier in the year to introduce the kids to a wider range of literature?”

Adapted from Moir, E. (1999). The Stages of a Teacher’s First Year