

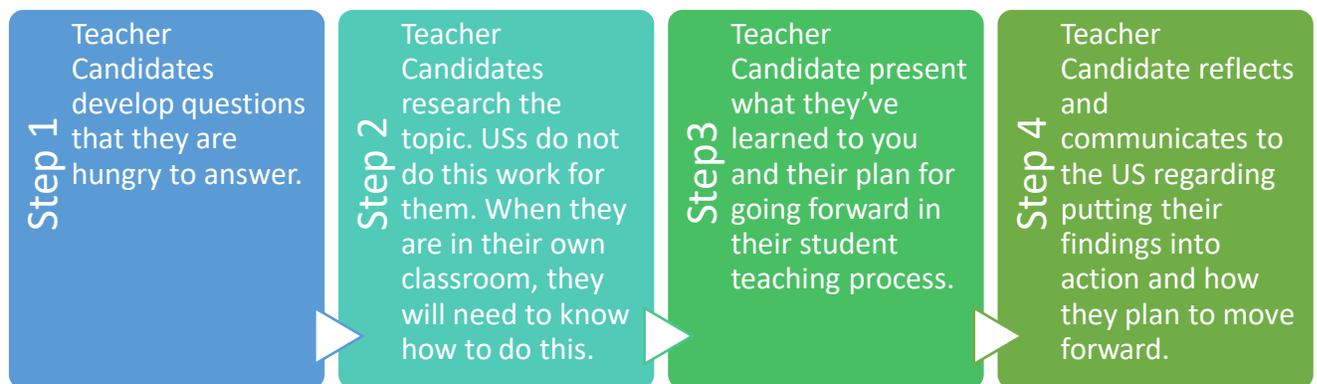
# *Adult Coaching Strategies for Student Teachers*

Coaching is a strengths-based way of bringing about change and growth.

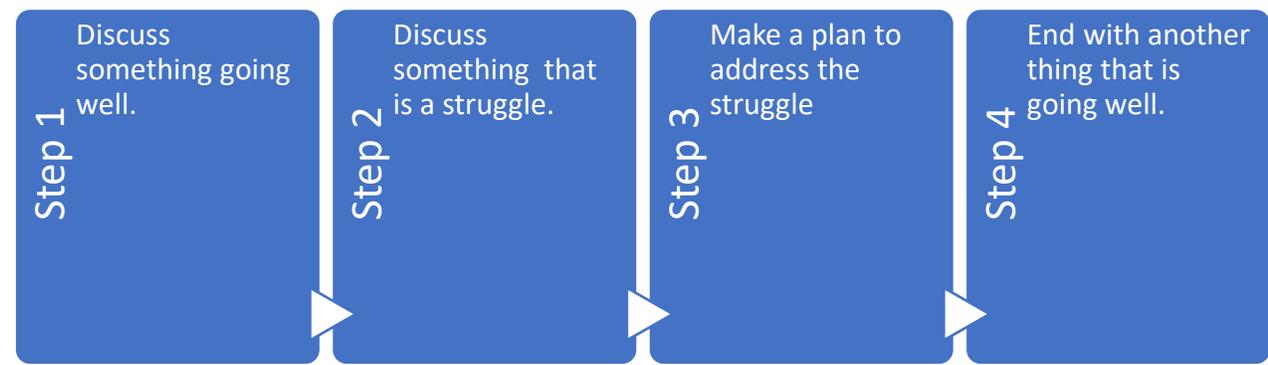
The adult coaching process has four principles.

- Adults need to be involved in the planning and evaluation of their instruction.
- Experience (including mistakes) provides the basis for learning activities.
- Adults want to learn about subjects that have immediate relevance
- Adult learning is problem-centered rather than content-oriented

## Inquiry Questioning- A 4 step student-centered process



## Sandwich Theory



## Open-Ended Questions

Asking open-ended questions requires students to give more detailed answers and encourages them to self-reflect in the process. Below are some examples of questions to avoid and ask!

**Instead of:** *How's student teaching going?*

**Try:**

- What are your favorite parts of student teaching?
- What's coming naturally with teaching?
- What's challenging you?
- How have you been practicing self-care?

**Instead of:** *Do you like your cooperating teacher?*

**Try:**

- What does your cooperating teacher do that you'll use in future classrooms?
- What will you do differently?

**Instead of:** *Did you agree with my previous feedback?*

**Try:**

- How have you incorporated my feedback into your teaching practice?

**Bonus Tips:**

- Just as we want the teacher candidates to be practicing a student-centered classroom, we want this to be a teacher candidate centered experience.
- Avoid questions that can be answered with a yes or no.
- Ask questions addressing experiences. (Describe a time, tell me about, etc.)
- Ask why? Ask how?
- Remind each other that this is a discussion, not an interview. This requires participation from both parties.