

## Reflective Teaching Portfolio

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My teaching philosophy centers on student learning. I consider myself to be a guide in the students learning process. As a vision impaired person, I struggled as an undergraduate college student to figure out on my own how to process information that other students seemed to absorb with ease. This time period took place before disability laws and access services became available. None-the-less my struggles as a student learner helped me form my future teaching philosophy.

I learned to present information to students using the different learning styles such as; auditory, visual, reading/writing, and kinesthetic. I also learned to listen attentively to students having problems understanding my lessons. Students learn differently and I believe it is my job to help students learn. It is always a pleasure and easy when I have students that have no problem understanding assignments. The challenge comes when a student is having problems understanding how to answer questions posed. I draw upon my skills, knowledge, and intuition to help students understand. With students in the forefront, I designed a syllabi and course with my students, directed by their desire to learn specific course material in a course. I provided the framework in which to learn and students choose what they wanted to learn. The student's ability to include research in this course far surpassed my expectations. The student's enthusiasm about learning sparked my excitement about teaching. I often share with students 'they are my best teachers'.

Using technology in my teaching has helped me become a better teacher. Every students' questions about my assignments has helped me clarify my assignments, improving my future lessons. I was not sure at first how teaching a stress management class on-line would work out. How can I teach an authentic personal self-care process to students on-line? Accustomed to teaching meditation and relaxation tools face-to-face I worried early on if I could transfer my skills to on-line teaching. The reflective weekly journals I required provided me with an avenue to develop personal relationships with students. The student feedback about their individual needs provided in a way a deeper relationship with students. Students find it easier to communicate personal issues online. This process

influenced my future lessons in online course work. I am still not sure how to use voice thread in my lessons and will in the future request a one-on-one demonstration to absorb the information on how to include it as a teaching tool. I was fascinated by the augmented reality demonstration. I presently teach a face-to-face yoga class with combined hybrid lessons online. I am already envisioning in the future to use augmented reality with a person demonstrating a complex yoga position and students getting the opportunity to walk around the person to see the definitive details involved. Technology is amazing and I am pleased to say I find it exciting to utilize such as I learn to incorporate new tools in my classes.