**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mods: \_\_\_\_**

2018-19 Anatomy & Physiology Student Information

1. Why are you interested in taking this course? State at least one thing you hope to learn here.

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1. Are you interested in having a career/major in science or the medical field? ……………

If so, be specific ………………………………………………………………………………...

If not, what do you plan on studying/doing? …………………………………………………....

1. In which sports or extracurricular activities, if any, do you participate? ………………………………….

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4. Lastly, I want to know how to take care you. I will start by telling you how to take care of me.

1. **Be Present.** I am a teacher, a wife, and a mother. I lead a very busy life and teaching at CAHS is not like teaching at a “normal” school. I attempt to be fully present for you. In return, I need you to do the same. I want your full attention. I value you. I expect professional respect, if not personal. This means providing me with your active attention and letting go of social media until after class. I will trust you until you give me reason not to. I also want you to respect and valuing yourself and your role in all of this. Do not cut my class and do not copy work - you are better than that! I believe in you and know that you can do your own work and make good personal choices.
2. **Assume Best Intentions.**  I am dedicated to designing lessons and practice that will best serve you. Trust the process. Your rapt attentiveness in class will decrease the amount of time you need to spend outside of class to master content. The practice I assign will be meaningful and timely. Be prepared to take risks and make mistakes in order to grow. I do not expect perfection but if you do not do the “work”, your mastery may not develop. I will give you meaningful feedback and support. I require data to know if/how you need my help.
3. **Step Forward, Step Back.** Participate in class, but not too much. Offer to speak as often as you feel comfortable; however, try to give your classmates room to participate between your contributions. I may not call on you every time you raise your hand. It doesn’t mean I want you not to try, I have a duty and desire to engage every student as much as I can. Know that I love your engagement, interest, tenacity, and teamwork. Please try to understand my reasons while still continuing to be your awesome self. If your awesome self happens to be uncomfortable speaking out in the group, I will try to design opportunities to allow you a smaller group to communicate with.
4. **Communicate Your Needs.** A good scholar knows when to ask for help. Ask questions when you are unsure; write them down if the time isn’t right to ask them verbally. Use my hard work in developing the class website and resources. I will work for you. I need you to work for you for this to be effective. Advocate for yourself. You are worth the effort. I aim to serve your needs as best I can. Please let me know what is going on. Everyone has bad days, try to let me know if you are having a rough one (or several). Afford yourself the luxury to have a bad day by doing your best on the better days.

So, now that I’ve told you how to take care of me, How can I take care of you in Human Anatomy & Physiology?

Write your list of things you would like me to do to take care of you as your teacher. Consider your past experiences in science classes. Here are the basic requirements:

1. Provide me a list of at least 1
2. Your list must be honest and come from a real place of reflection.
3. Each item should have have 1-4 sentences that fully explain your need. This is so I can clearly understand how I can help you learn and grow this year. Submit a separate sheet of paper if needed

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How to Take Care of Mrs. Sheets

1. **Be your own advocate.** Think about your strengths and weaknesses. Know your needs and seek help. Use the class website and resources to your advantage. You are worth the effort.
2. **Be open.** I need to know that you are open to new information, new experiences, and new skills. In order for this to happen I need you to trust that I have your best interests in mind. I see the best in you and am making choices that best support your growth.
3. **Be present.** I am a teacher, a wife, and a mother. I lead a very busy life and teaching at CAHS is not like teaching at a “normal” school. No matter what is going on, I attempt to be fully present for you every day. In return, I need you to do the same. I value the respect you pay me; this means letting go of social media until later, after class.
4. **Be risky**. You cannot learn if you do not grow, and we only grow by taking risks. This looks and sounds differently for different people. A risk may look like asking a question, contributing to the conversation, doing your own work. This also means not being afraid to make mistakes. I do not want nor expect perfection.
5. **Be my teammate.**  Teammates work together toward a common goal. Teammates know each others’ strengths and weaknesses and value each other. Teammates know when they’re in over their head and ask for help. We all need help. I need you to talk to me when that happens. We are in this together.

How to Take Care of Mrs. Sheets

1. **Be present.** I am a teacher, a wife, and a mother. I lead a very busy life and teaching at CAHS is not like teaching at a “normal” school. I attempt to be fully present for you every day. In return, I need you to do the same. I want your full attention. I expect and value the respect you pay me; this means providing me with your active attention and letting go of social media until after class. I will trust and respect you until you give me reason not to. Do not cut my class and do not copy work. I believe in you and know that you can do your own work and make good personal choices. If you choose to do these actions, do not ask me for a recommendation or any special help.
2. **Trust the proces**s. Trust me to design a lesson and practice that will best serve you. Your rapt attentiveness in class will decrease the amount of time you need to spend outside of class to master content. The practice I assign will be meaningful. Be prepared to take risks and make mistakes in order to grow. do not want nor expect perfection. I will give you meaningful feedback and support.

**3. Step forward, step back.** Participate in class, but not too much. Offer to speak as often as you feel comfortable, however, try to give your classmates room to participate between your contributions. I may not call on you every time you are prepared to answer a question. It doesn’t mean I am ignoring you, I have a duty and desire to engage every student as much as I can. I love your engagement, interest and tenacity. Please try to understand my reasons while continuing to be your awesome self. If your awesome self happens to be uncomfortable speaking out in the group, I will try to be gentle in my need to hear your voice and design opportunities to allow you a smaller group to communicate with,

1. **Advocate for yourself.** Ask questions when you are unsure; write them down if the time isn’t right to ask them verbally. Use my hard work in developing the class website and resources. I will work for you, I need you to work for you. You are worth the effort. I am not a great mind-reader but I do aim to serve you as best I can. Please let me know what is going on. Everyone has bad days, try to let me know if you are having a rough one (or several).