

What professional development activities have you done in the past year?

Check the activities you did because they were required or requested of you.

Circle the activities you did voluntarily.

In the past year, I have:

- discussed my teaching with other teachers or advisors.
- discussed other teachers' teaching with them.
- asked a question about something I didn't know related to language, teaching, or other professional skills.
- experimented with something different from what I normally do in the classroom.
- created or improved teaching materials.
- participated in a training day.
- presented at a training day.
- taught a demo lesson at a training day.
- used a MY grant for a professional development activity.
- shared a professional development opportunity or resource with other people.
- participated in a language, teaching, or other professional conference.
- presented at a language, teaching, or other professional conference.
- participated in a JALT-Sendai event.
- taught a new class that I'd never taught before.
- observed a new teacher.
- observed an experienced teacher.
- been observed by another teacher.
- recorded and watched my own lessons.
- written reflections or personal evaluations of my own teaching (e.g., a teaching diary).
- done research about language, teaching, or other professional topics.
- written and published a blog post about language, teaching, or other professional topics.
- written and published an article or book chapter about language, teaching, or other professional skills.
- created and shared video content about language, teaching, or other professional skills.
- watched a video about language, teaching, or other professional skills.
- read a blog post about language, teaching, or other professional skills.
- read an article or book about language, teaching, or other professional skills.

- looked for a new job.
- taken a course, workshop, or seminar related to language, teaching, or other professional skills.
- earned a new degree, certificate, or professional credential.
- interacted in a peer teaching mentorship.
- organized or hosted a learning/training event
- communicated with another teacher/professional outside normal work or conference events about language, teaching, or other professional skills (such as by e-mail, social media, or face-to-face).
- participated on a MY team.
- learned a new skill that directly or indirectly benefits my work.

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Notes