

Toolkit for Serving Learners with Disabilities



SELF-REFLECTION GUIDE

Exploring difficult questions and engaging in deep self-reflection can help you on your path to building trauma-informed schools, organizations, and systems. Making progress sometimes requires sitting with discomfort and unlearning harmful thoughts or behaviors. Challenging yourself to reflect on your strengths, your fears, things you might not be proud of, and your areas for growth will support you in better understanding the role you play in your work with students. The answers to these questions are just for you; they are for you to process and act on so you can become the trauma-informed educator or youth service provider you want to be.

What are the values and beliefs I hold when working with students?

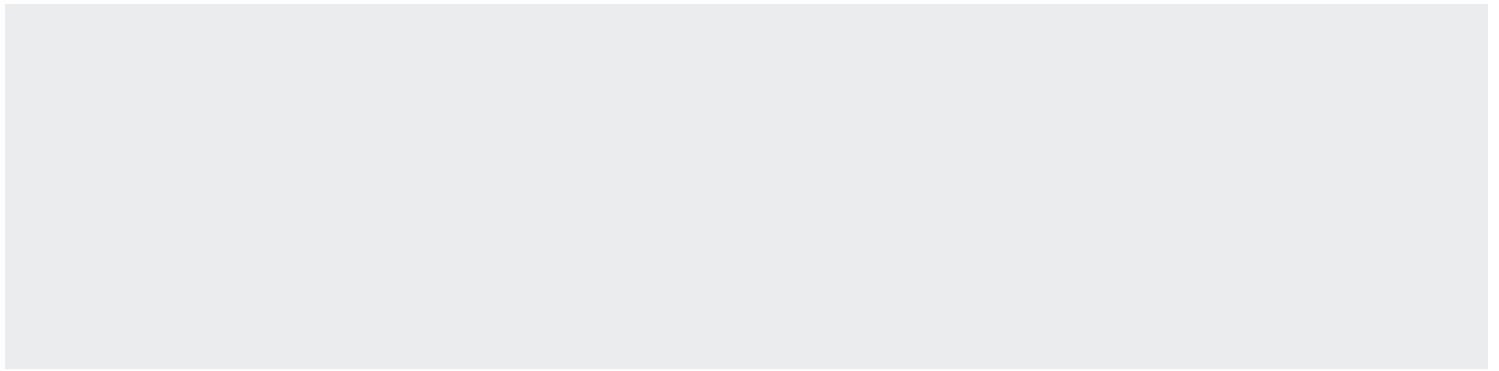
In working with students, what are my strengths?

In my work with students, when have I acted in a way that makes me proud?

Who is in my support system?

Funding for Trauma Informed Schools Project provided by the Missouri Developmental Disabilities Council (MODDC), Grants #1801MOBSDD Seq. No.: 2018 / 4, #1901MOSCDD-02, and #2001MOSCDD-02, as authorized by Public Law 106-402 - Developmental Disabilities Assistance and Bill of Rights Act of 2000 (DD Act).

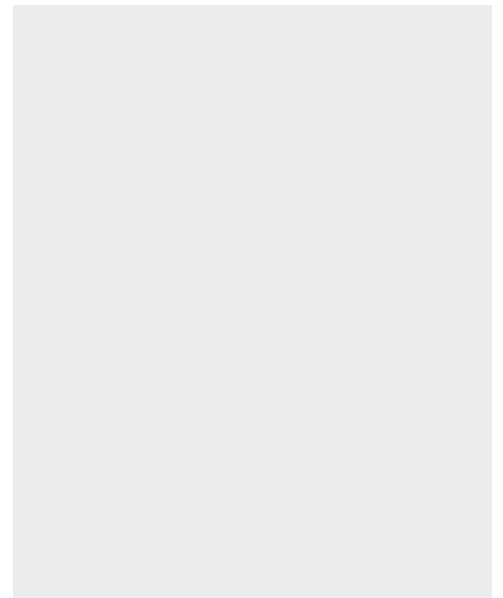
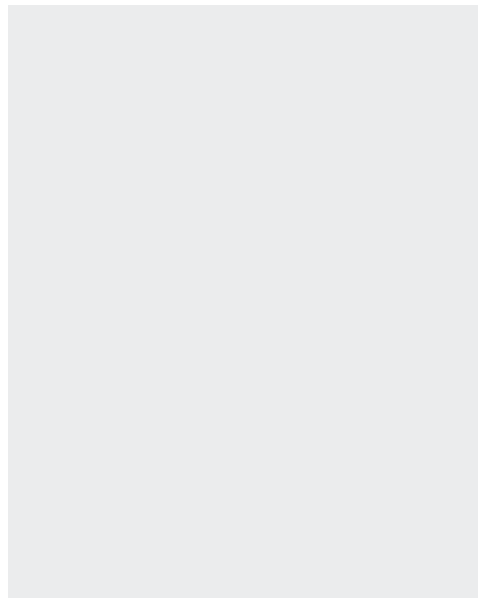
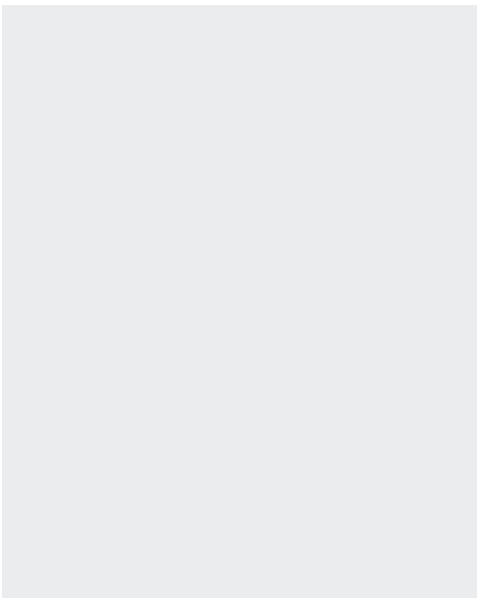
What are my assumptions and prejudices about my students?



How have I viewed disabilities or English learner identity through a deficit mindset?

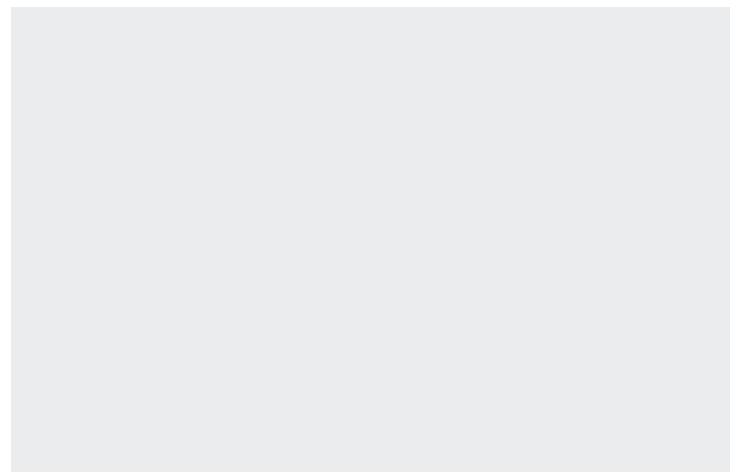
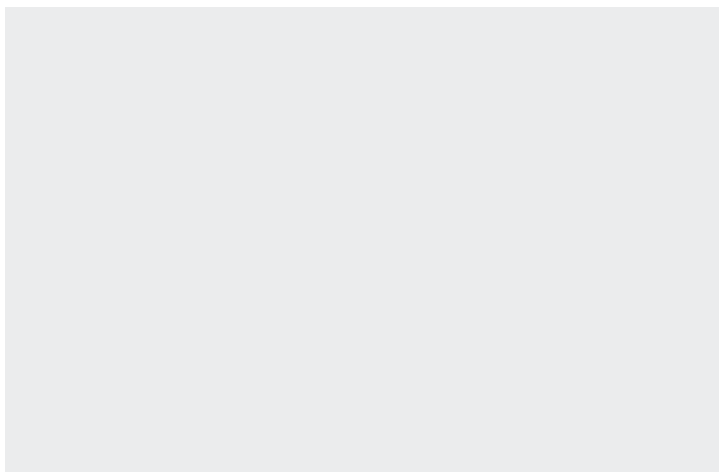
How have I had low expectations for students with disabilities and/or English learners?

How have I engaged in or been complicit in social devaluation?



When have I misunderstood or overlooked the impact of trauma?

When have I acted in a way that was not trauma-informed?



What are my goals for growth?

Blank space for writing goals for growth.

Daily actions:

Weekly actions:

Monthly actions:

Blank space for writing daily actions.

Blank space for writing weekly actions.

Blank space for writing monthly actions.

What are my barriers to change?

What are my fears?

Blank space for writing barriers to change.

Blank space for writing fears.

How will I hold myself accountable?

What resources do I need for my growth?

What is my self-care plan?

Blank space for writing accountability plan.

Blank space for writing resources needed for growth.

Blank space for writing self-care plan.