
My Plans for Teaching High School English

Health Journal Response

In class this week, we began by having two discussions with fellow students whom we didn't already know. The first conversation starter was "I am confident about . . ." and the second was "I am inspired by . . ." For me, I said I am most confident about my writing ability, as I've been lucky enough to have five of my plays produced in some manner, two of which have been published. For the second question, I answered that I am most inspired by my old high school English teacher, as he was the person who made me want to get a career in education. I plan to follow in his footsteps and teach high school English. These conversation starters at the beginning of each class are beneficial because it helps people who perhaps are not as comfortable meeting new people get used to the idea of talking in front of a group of people they may not know.

The majority of class was spent on discussing nutrition and health/wellness. We received several handouts going into detail about what the body needs in order to stay healthy. One that stood out to me is the chart which lets you determine how many daily calories you should consume, which was actually more than I had previously thought (2,800 rather than 2,000). The part of class I valued the most, however, was the part where the instructor shared her personal stories as it would relate to incoming educators. I always appreciate real-life accounts of problems and how a real person encounters them more than the standard fact-based lecture. What stood out to me most was the story about the male teacher who got fired because of a false accusation about inappropriate conduct with a female student. This is what I will have to look out for and be very careful about myself in the future, as it is becoming more and more difficult for teachers.

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