

Emotion Log Prompts

- Among the emotions listed below, which one do you relate to when teaching?
 - happiness/joy/frustration
 - sadness/grief/disappointment
 - anger/irritation/disillusion
 - fear/anxiety/guilt
 - disgust/despair
 - fascination/caring
 - pride/love
 - wonder/understanding
 - enthusiasm/loss
 - boredom/powerlessness
 - awe/compassion
 - confusion/confidence
 - other

- How do you react when you have such a feeling? Do you think that reaction will help your teaching?
- Where do you think your reaction stems from?
- Which feelings did the students have today? What was their reaction?
- Are there feelings that you try to have by doing something regularly in your teaching?
- Did you find yourself frequently adjusting your naturally felt emotions? If so, what motivated the adjustment?
- Any good/bad experience? Any change in a relationship with (a)student(s)?
- Any change in relationship with (a)colleague(s)?
- Any emotional mood you had on students or you gained from them?
- Did you share any feelings with students?
- How did you deal with the situation?

