

Evidence Record

Thought to examine: I'm a failure as a teacher

Evidence supporting my thought

I got bad evaluations from my students
My students look bored in class
I had negative feedback from my boss, he
thinks I lack skills

Evidence not supporting my thought

Out of 20 students, I only got one bad
evaluation
My class is at the end of the school day,
may be students are losing some
steam
The feedback from my boss was 99%
positive but he said I should go to a
workshop to be able to offer a new
program to the students