

COS Reflective Essay

I was assigned to intern at Maslow Early Learning academy, I have always wanted to work with children in my future and taking COS gave me the opportunity to get some experience!!

While working at Maslow my routine started the same pretty much every day, I would walk in and the kids would just be finishing up their “center time.” Center time is when their teacher Mrs. Shelby got out 4 different fun learning centers for them. For example they would have rhyming word flash cards, math board games, and a painting center where they learn to write their letters. Sometimes some kids get frustrated while working at these centers, sometimes this can result in meltdowns but that’s what Mrs Shelby and I are there for. To help the kids calm down I usually tell them to take 3 big “belly breaths’ ’ and once they do that they are always calm enough after to tell me what’s bothering them, then I can help them with that center so that they can continue. Something I learned is that kids are very emotional. Things that don’t seem too big of a deal to us can be a HUGE deal to them, but you have to realize they are still young and you have to be patient and loving with them.

I definitely learned new skills while interning at Maslow. One skill that I think I have perfected is calming down kids. Kids can get overstimulated and emotional very easily, they are also very sensitive but very loving. An example of a time I was able to calm down a child was when we were in the classroom right after snack. One kid in the class I helped in had mild autism, and he got worked up very easily and it was hard to calm him down. Once I started to notice he was getting worked up I sat in front of him and asked him what was wrong, he said he felt like it was too loud in the classroom and he was getting overwhelmed. I asked if he needed a hug and he did, we took some deep breaths together and took a little walk around the school to calm him down. Once he was calm we came

back into the classroom and I gave him some headphones and he was completely fine after that.

A challenge that I had was putting my foot down and not being a pushover. I don't really like to get onto my kids because I feel bad and I really love the kids I work with. Even though I love them, kids can be tough!! But kids also need to know what is appropriate and inappropriate classroom behavior, but they are still young and don't understand what is appropriate at home and what isn't at school. I found that instead of yelling at them, sitting down and talking to them works better. If a child takes another toy out of another kid's hand then the kid gets mad and pushes the other, your first reaction will probably be to get upset with them right? Well, sitting down and explaining to them about sharing and using your words when you're angry is more effective. When you get mad and yell the kids will pick up on that negative energy and sometimes they'll argue back with you. Instead explain to them what they did wrong and show them how they can fix it and be more kind for next time.

I'm very glad I was able to intern at Maslow because getting the experience that I did there will really be able to help me in the future. I got to watch and learn from other teachers and mirror their teaching styles. Mrs Shelby really helped me a lot, she gave me advice for the future and gave me a lot of chances to get more hands-on learning experience. Interning at Maslow also impacted me personally, something that I am most proud of is being told that I was a motherly figure to a student by his Dad. I developed a lot of relationships with all the students and had a lot of fun with them while I was there!! I really encourage other students to take COS I had a really great experience.

