

# Substitute Teacher Reflection Journal

Reflect on your substitute teaching experiences and identify areas for growth.

Date: \_\_\_\_\_ School: \_\_\_\_\_ Grade/Subject: \_\_\_\_\_

1. What went well today?
2. What challenges did I face?
3. How did I handle these challenges?
4. What would I do differently next time?
5. What new strategies or ideas did I learn or implement?
6. Questions or topics I need to research further: