

## **How do I identify Strengths and Opportunities for the lesson?**

### **What are Strengths and Opportunities and how do I identify them?**

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Strengths are things about the lesson that worked well and that you would like to make sure you do again. Opportunities on the other hand are specific things that did not work as well as you expected, or ideas to improve something that already worked well.

It is best to identify the Strengths and Opportunities as soon as possible after they occur, so that important details are not forgotten. Overall Strengths and Opportunities can also be added after the conclusion of the lesson. It is also important to note that Strengths and Opportunities need not only come from the classes you are teaching. Talking to other instructors to identify relevant Strengths and Opportunities that they have identified can also be useful.