



The image shows the TTAC Ready, Set, Go logo at the top left. The logo features a purple stylized 'S' and 'G' intertwined with the letters 'TTAC' in a bold, black, sans-serif font. Below the logo is the text 'Region 5 at JMU'. To the right of the logo is the title 'Ready, Set, Go' in large, bold, block letters, with 'Ready' in red, 'Set' in yellow, and 'Go' in green. Below the title is the tagline 'Success for All' in a smaller, green, sans-serif font. A photograph of a teacher wearing a blue headband and a headset is shown in the center. She is holding up a white sheet of paper with a table on it. The table has four columns: 'simple', 'continuous', 'perfect', and 'perfect continuous'. Under 'simple', there are four rows: 'present simple', 'present continuous', 'present perfect', and 'present perfect continuous'. Under 'continuous', there are four rows: 'past simple', 'past continuous', 'past perfect', and 'past perfect continuous'. Under 'perfect', there are four rows: 'future simple', 'future continuous', 'future perfect', and 'future perfect continuous'. Under 'perfect continuous', there are four rows: 'future simple', 'future continuous', 'future perfect', and 'future perfect continuous'. The teacher is smiling and looking towards the camera. In the background, there is a whiteboard with some writing on it, a corkboard with pinned papers, and a laptop on a desk. A camera on a tripod is also visible in the foreground, pointing towards the teacher.

Teacher Mentoring in Challenging Times

The first three years in a classroom are a unique time in a teacher's career (New Teacher Center, 2018). As schools have shifted to socially distanced or virtual instruction in response to Covid-19, supporting new teachers is more important now than ever. An effective mentor can be critical to beginning teachers' feelings of success and their long-term commitment to the teaching profession. Strong teacher induction programs should remain the goal of every school division during these uncertain times to increase new teacher effectiveness, teacher retention, and ensure positive outcomes for all Virginia learners.

Get Ready to focus on the social and emotional needs of new teachers. As a result of COVID-19, many teachers have expressed feeling anxious, fearful, worried, overwhelmed, and sad (Cipriano & Brackett, 2020).

Tip #1: Create a culture that allows and encourages beginning teachers to:

- Recognize emotions
- Understand how emotions impact decision-making
- Feel safe to express emotions
- Learn to regulate emotions

(Cipriano & Brackett, 2020)

Tip #2: Make guidance from experts in the global Social Emotional Learning (SEL) community an integral part of the teacher mentorship experience. The [CASEL Cares Initiative](#) (2020) curates [resources](#) and [webinars](#) to assist educators in meeting their SEL needs and those of their students.

Get Set to equip school leaders, new teachers, and teacher mentors with the necessary tools to establish and maintain powerful mentorship programs using these free resources:

- The [VDOE's Mentor Programs and Guidelines](#) website page.
- The [New Teacher Center's Toolbox for Mentors and Coaches](#) coursework.
- Mentor Module's [Mentoring New Teachers](#) modules.

Go

For more information on strengthening teacher mentoring during these unprecedented times, read and review:

- [Supporting New Teachers in the Time of Covid-19](#) by Angela Adamas
- [6 Tips for Mentoring New Teachers During Distance Learning](#) by Amie Weinberg
- [Perspective | Coaching during COVID-19 with NC New Teacher Support Program's Innovative Supports](#) by Karen Walker, Betsy Rosenbalm, Angela Hill, Mark Meacham, Evan Hill, Maghan Kirschner and Marquis Mason

References

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Collaborative for Academic, Social, and Emotional Learning. (2020). *CASEL cares initiative: connecting the SEL community*. <https://casel.org/covid-resources/>

New Teacher Center. (2018, February 12). *New Teacher Center Establishes First Ever Industry Standards for Teacher Induction Programs* - New Teacher Center. [online] Available at: <https://newteachercenter.org/news-story/new-teacher-center-establishes-first-ever-industry-standards-teacher-induction-programs> [Accessed 4 October 2020].

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