



Instructor Assignments For the Core Reveal & Release Course

This document gives you an overall view of the minimum assignments that you will be responsible for – additional assignments may be added as required. Some of them are written, most are recorded. You may work on them at your own speed, keeping in mind that how fast you proceed through the process will depend partially on how soon you get the assignments in to the supervising instructor (SI) and, obviously, on how quick the SI can respond with their feedback. Please take note that you will not be “chased” to get your next assignment in: completing and submitting your assignments will be your responsibility. The SI will be working with you, however, on the timing and organizing of your student teaching assignment, as the SI requires a personal observation of your teaching style and classroom interaction skills.

Daily Course Schedule

It is important to develop a daily schedule of how you will be presenting the topics in your class. You will most likely end up adjusting this outline once you start teaching, but it will serve to provide you with a guideline to ensure that all subjects are covered without being rushed and without forgetting important details.

Your outline should be broken down and contain the following elements:

- the topics to be covered
- the time you are going to allow for each topic and activity
- the most important teaching points you have to make for each topic
- any special teaching approach you want to take for that topic
- any teaching aids you will use (e.g., skeleton, PowerPoint)
- additional activities that support the topic (these can be optional)
- instructor demonstrations
- student practice
- where you will insert breaks and lunch (and how much time for each)

Duplicate into another document and expand the table below as required.

Time	Topic	Teaching Points	Teaching Materials and Tools
9 – 9:15 am	Welcome and introduction to course and of self	-benefits of CRR -my story	refer to handouts; refer to PowerPoint slides



1. Submit any PowerPoint presentations you'd like to use, if any at all.
2. Submit any handouts you want to provide your students with.

Recorded Assignments

When recording assignments, start the camera and not to stop until you have finished speaking/demonstrating. Should you stumble with your words or get momentarily lost, for example, the SI will want to see how you handle it and get yourself out of the situation.

The assignments need to be spoken naturally. Therefore, no reading of prepared materials! It might help if you ask someone to act as your audience so that you have someone to focus on and talk to and interact with.

1. Present your introduction to the course and to yourself along with any set-up (ie. turn your cell phones off, any admin stuff you need to cover, establish confidentiality, intro yourself, discuss pertinent course theory).
2. Welcoming Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make.
3. Sense It In Your Body Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make.
4. Resistance Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make.
5. Figuring It Out Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make.
6. Would You, Could You, When Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make.
7. Wanting/Having Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make.



8. Triple Welcoming Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make.
9. Look For Where The Pattern Isn't Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make.
10. Diving Into the Core of the Emotion Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make.
11. Pre-Releasing Procedure: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make.
12. After Releasing Clean-Up Procedure: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make.
13. Discuss set-up for partner, if you're including this as a portion of practice time in your class please record how you'd set them up, present the necessary salient points, make corrections if necessary, debrief points you will make.
14. Demonstrate how you'd end the class.