

The Teaching Examen

A guided reflection for educators, organized around the five DELTA principles.

Dignity

- Does my classroom make students feel unique, seen, and valued?
- Do I help students discover their innate “desire to know”?
- Does my classroom communicate that students are more than outputs, grades, or future workers?

Embodiment

- Are there ample opportunities in my classroom for students to engage in conversation with one another in real time?
- Do I model presence and attention to the people before me?

Love

- Does my classroom facilitate friendship?
- Have efficiency and technology fragmented my attention? My students' attention?

Transcendence

- Is there space in my classroom for students to encounter silence?
- Do I connect our learning to life's biggest questions?
- Do students encounter beauty, wonder, or awe in my classroom?

Agency

- Does my classroom help students cultivate sound judgment?
- Do I create the proper boundaries for my students to practice virtue?
- Are students challenged to do the slow, hard work that fosters intellectual growth?

Developed by Dr. Lily Abadal with support from the DELTA Project. Learn more at drlilyabadal.com.



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