

The Teaching Expertise Institute Podcast

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Episode 5: Core Exercises for Expert Teachers:
Lesson Focus

- **Complete the phrase: “Good morning everybody. Today our goal is...”**
- **Repeat 😊 until you complete the phrase with consistency and without hesitation.**
- **Take-aways:**
 - ✓ A simple, quick technique for instantly increasing lesson effectiveness.

Sources that informed the teaching strategy discussed in this episode:

- *Bereiter, C., & Scardamalia, M. (1993). Surpassing ourselves: An inquiry into the nature and implications of expertise. Chicago: Open Court.*
- *Hatano, G., & Inagaki, K. (1986). Two courses of expertise. In H. Stevenson, H. Azuma, & K. Hakuta (Eds.), Child development and education in Japan (pp. 262-272). New York: W. H. Freeman and Company.*
- *Heath, C. & Heath, D. (2007). Made to Stick: Why some ideas survive and others die. New York: Random House.*
- *Schmoker, M. (2011). Focus: Elevating the essentials to radically improve student learning. ASCD.*
- *Sousa, D. (2006). How the brain learns. (3rd ed.). Thousand Oaks, CA: Corwin.*