Agency is the ability to make a decision and act in ways that shape experiences and trajectories.

Explore these approachable habits to build and increase agency in your practice at a level and depth of your choosing.

**Build Reflection**

**Learn:** Watch a 10-minute webinar that provides context and conversation.

**Start:** Reflect on your own self-efficacy and the support you might need from others.

**Sustain:** Find 10 minutes per week to practice self-reflection. E.g., “I will reflect on what’s working and what’s not working every Sunday at 7pm.”

**Build Collaboration**

**Learn:** Watch a 10-minute webinar that provides context and conversation.

**Start:** Read about Communities of Practice as a place for educator connection and support.

**Sustain:** Connect with other educators regularly through social media.
- Follow and engage with inspiring teachers from around the world.
- Find an Ed Chat on Twitter.

**Be Open to Growth**

**Learn:** Watch a 10-minute webinar that provides context and conversation.

**Start:** Develop a Growth Mindset.
- Identify an area you’d like to improve either personally or professionally.

**Sustain:** Find opportunities for continuous learning at least once a month.
- Listen to a podcast for new perspectives and ideas.
- Use edWeb to access FREE ongoing webinars on relevant topics for educators.

**Looking to earn credit for time spent learning?** The MyPD program is designed to acknowledge teachers’ informal learning and professional development and honor that effort with formal recognition. Apply your learning toward SCECHs. [Learn more and register here.](#)