

# ADLP training

## All module Solution

Module 1 03499685876		
activity	Name	Solution
1, 2	Videos	2:59m 17:40m
3	Worksheet (fill in the blanks) 81.82%	1=Independent 2=Time 3=Learning 4= Online 5=Material 6=Friendly 7=Personal 8=Feedback 9=Supported 10=Connected 11=Technology 12=Economic 13=Circumstances 14=Reach 15=Cheaper 16=Updated 17=Open source 18=Empowering 19=Adapt 20=Select 21=Educational 22=cost
4	Quiz 1	1=A 2=C 3=C 4=D 5=B
5	Hand out	pdf
6	Match Colum	Advocacy = Advocate Continuity =Maintain Content =Adjust Community = Engage Evaluation =Monitors Engagement = Focuses Flexibility = Recognizes Management =Effectively Psychological = Provide Safety =Protect
7	video	12:22m
8	Quiz 2	1=C 2=C 3=A 4=C 5=D 6=B 7=C
9	video	11:26m
10	Quiz 3= 87.5	1=F 2=T 3=T 4=F 5=T 6=F 7=F 8=F
11	End of module quiz =M1	1=B 2=B 3=C 4=C 5=B 6=B 7=D 8=D 9=B 10=B 11=D 12=C 13=B 14=B 15= B
12	VIDEO	1:40m
Module 2 03099453156		
1, 2	VIDEOS	2:18m 9:42m
3	Quiz 1	1=A 2=C 3=D 4=B
4, 5	Hand out	PDF 5.video=10:40m
6	Quiz 2	1-C 2=C 3=B
7	Hand out	PDF
8	Quiz 3	1=T 2=F 3=T 4=T 5=F 6=T 7=F 8=T 9=F 10=T
9, 10	Video	6:00m 10.hand out=pdf
11	End of module quiz=2=93.33	1=B 2=B 3=C 4=C 5=B 6=B 7=B 8=C 9=C 10=A 11=C 12=D 13=B 14=C 15=D
12	Video	1:52m
Module 3 03125260074		
1, 2	Videos	1:54m 1:54m
3	Quiz 1	1=High, 2=High, 3= Low, 4= Low
4, 5, 6	Video	7:26m 5. Hand out=pdf 6. Hand out=pdf
7	Quiz 2 =85.71	1=B 2=C 3=B 4=A 5=B 6=B 7=B
8	Hand out	PDF
9	Quiz 3	1=F 2=T 3=F 4=T 5=T 6=F 7=T
10	Video	8:00m
11	Quiz 4	1=T 2=T 3=T 4=F 5=F 6=F 7=T 8=T 9=F 10=F
12	Video	6:45m
13	Quiz 5 90 %	1=T 2=T 3=T 4=F 5=F 6=T 7=T 8=T 9=T 10=F
14	End of	1=B 2=C 3=C 4=B 5=C 6=B 7=B 8=B

	module3 quiz	9=B	10=B	11=B	12=B	13=B	14=D	15=B
15	Video	1:45m						
		Module 4		03499685876				
1, 2	Video	2:02m 8:25m						
3	Quiz 1	1=B 2=B 3=B 4=B 5=A						
4	Video	4:48M			5=Hand out		6=Hand out	
7	Quiz 2 =80%	1=B 2=B 3=B 4=B 5=B						
8	Hand out	PDF						
9	Quiz 3	1=F 2=T 3=F 4=T 5=F 6=T 7=T 8=T						
10	Video	4:26M						
11	End of module quiz=4	1=B 2=B 3=B 4=B 5=B 6=B 7=B 8=B 9=B 10=B 11=C 12=B 13=B 14=B 15=A						
12	Video	1:11M						
		Module 5		03099453156				
1, 2	Videos	1.video=1:38M		2.video=5:08m		3. Hand out=pdf		
4	Quiz 1 80%	1=F 2=T 3=T 4=T 5=F						
5	Video	2:50M						
6	Quiz 2 =A	1=C 2=B						
7	Quiz 2 =B	1=False 2=False						
8	Video	3:30m						
9	Quiz 3 =80%	1=B 2=C 3=D 4=D 5=C						
10	Hand out	PDF						
11	Quiz 4	1=B 2=C 3=B 4=A						
12,13,14	Hand out	PDF		13. Videos=4:22m		14. Videos:6:38m		
15	Quiz 5 =80%	1=False 2=False 3=True 4=False 5=True						
16 to 19	Hand out	PDF		17. video=3:32m		18.Handout=pdf		19.video=4:45m
20	Quiz 6= A	1=False 2=True 3=True						
21	Quiz 6= B	1=B 2=D						
22	End of module quiz=5 85.71	1=A 2=D 3=B 4=C 5=A 6=B 7=C 8=B 9= 10=A 11=D 12=B 13=B 14=B 15=D						
23	Video	1:32m						
		Module 6		03125260074				
1,2	Videos	1:10m 1:08M						
3	Quiz 1	All of these.						
4, 5, 6	Videos	4. Video=8:06M		5. Video=2:20m		6. Hand out= PDF		
7	Quiz 2	False						
8	Video	1:52m						
9	End of module quiz=6 86.87%	1=B 2=A 3=C 4=D 5=A 6=C 7=B 8=D 9=D 10=B 11=B 12=A 13=C 14=C 15=C						
10	Video	1:24M						
		Module 7		03499685876				
1,2	Videos	1:42M						
3	Quiz 1	False						
4, 5	Video	3:58M			5. Hand out= PDF			
6	Quiz 2	True						
7, 8	Video	2:03m 1:40m						
9	End of module quiz=7 86.67%	1=C 2=C 3=C 4=C 5=D 6=C 7=A 8=D 9=B 10=A 11=B 12=C 13=A 14=B 15=C						
10	Video	1:32M						
		Module 8		03125260074				
1,2	2-Videos	1:42M 3:27M						
3	Survey	All Advanced or as you wish						

4	Hand out	Hand out
5	Quiz 1 90%	1=B 2=A 3=C 4=C 5=C 6=D 7=B 8=B 9=B 10=A
6,7,8,9,10	Video	4:30m 7. Hand out 8. Hand out 9. Video=4:25m 10. Video=5:29m
11	Quiz 2 A	1=A 2=D
12	Quiz 2 B	False
13	Video	2:07
14	Quiz 3 87.86%	1=T 2=F 3=T 4=T 5=T 6=T 7=T 8=T
15,16,17,18	Hand out	PDF 16.Video:2:28m 17.vidio:5:02 18.Video=5:03m
19	End of module quiz=8	1=B 2=C 3=C 4=B 5=B 6=C 7=B 8=C 9=C 10=B 11=B 12=B 13=B 14=A 15=B
20, 21	2-Videos	4:16m 8:28m
Module 9		03099453156
1,2, 3	3-Videos	1=2:18m 2=3:43m 3=6:35m
4	Quiz 1 A	1=C 2=A
5	Quiz 1 B	1=False 2=True
6, 7	Hand out	PDF 7.Video=5:13m
8	Quiz 2	1=D 2=B 3=A
9 to 13	video	3:28m 10 to 13=4 Hand out=PDF
14	End of module quiz=8 80%	1=C 2=A 3=B 4=D 5=B 6=A 7=D 8=A 9=B 10=C 11=A 12=C 13=D 14=A 15=A
15	Video	1:17m
Module 10		03499685876
1	Videos	2:45m 2. Hand out= pdf
3	Quiz 1 A	1=C 2=B
4	Quiz 1 B	1=True 2=True 3=False
5	Videos	3:41m
6	Quiz 2	1=D 2=A 3=C
7 to 10	Hand out Pdf	11.Video=6:08m
12	Quiz 4 80%	1=F 2=T 3=T 4=T 5=F
13	Hand out	Pdf 14.Video=5:30m
15	Quiz 5	1=A 2=C 3=B
16	End of module quiz=8 80%	1=C 2=C 3=C 4=D 5=B 6=D 7=B 8=D 9=A 10=A 11=C 12=A 13=D 14=A 15=A
17	Video	1:23m
Module 11		03099453156
3.Quiz 1	1.What is the primary focus mentoring?	B. Career guidance, personal growth
	2.Which of the following statements best describes the duration of coaching?	D. It is short to medium-term, defined timeframe
	3.Sarah is a new teacher at your organization, she needs help integrating into the professional community and understanding the school education system. She also seeks guidance on her career path and personal growth. what approach would best suit Sarah's needs?	A. Mentoring for long-term personal development.
	4.Saleem is an experienced teacher who wants to improve his classroom management skills and achieve specific short-term goals. He prefers a structured process with clear goals and accountability measures. What approach should be recommended for Saleem?	C. Coaching for performance
5.Quiz 2	1.What is the primary purpose of the "clarifying" stage in mentoring?	B. To make thoughts transparent
	2.In the consulting phase, what is the mentors main role?	D. To share knowledge
	3.Which "C" in mentoring focuses on promoting equality and shared responsibility?	C. Collaborating



	4.How does coaching differ from consulting in mentoring?	B. Coaching uses questioning
	5.What is the main outcome of effectively implementing the 4Cs in mentoring?	A. Autonomous teaching.
9.Quiz 3	1.What is the preparation step crucial in the coaching cycle?	B. It helps PLs develop a tailored plan for teachers.
	2.What is the primary purpose of the observation step in the coaching cycle?	D. To identify 1–2 skills to focus on.
	3.How do PLs ensure the feedback provided during the coaching cycle is effective?	C. By justifying feedback with examples
	4.Why is listening actively important in coaching?	B. It helps in truly understanding the teacher's concerns
	5.What does understanding fully involve in the coaching process?	A. Paying attention to words and body language
	6.How does reflecting clearly support effective coaching?	B. By summarizing and repeating what was heard
11.Quiz4	1. What is the primary focus of the inspire and share strategy in remote mentoring?	B. To share success stories and innovative ideas.
	2. Which strategy involves engaging collaborative problem-solving and brainstorming sessions?	C. Be a thought partner
	3. Why is it important for coaches to stay updated with the latest educational trends and research?	B. To show a commitment to continuous learning.
	4. What does maintaining communication during a crisis involve?	D. Keeping all communication channels open.
	5. How can coaches help teachers manage stress and uncertainty during a crisis?	A. By offering empathetic support and coping strategies
	6. Which digital platform primarily used for deo conferencing and webinars?	D. Zoom/Google Meet
	7. What is a primary feature of Google classroom?	C. Assignment distribution and grading.
	8. Which platform is typically used for course management, content delivery, and grading?	B. I Learn (LMS).
13.Quiz5	1. Maslow's hierarchy of needs outlines four levels of human needs.	False
	2. Physiological needs in distance education involve having the necessary hardware and reliable internet access.	True
	3. Safety needs in the workplace must be met before higher needs like esteem and self-actualization can be fulfilled.	True
	4. In Maslow's hierarchy for distance education, belonging needs are met by creating a sense of community through virtual staff rooms and regular online meetings.	True
	5. McClelland's theory of needs includes achievement, affiliation and autonomy.	False
	6. Teachers with a high need for achievement are motivated by harmonious relationships.	False
	7. To manage stress in distance learning, providing emotional and psychological support is crucial.	True
	8. Empowerment through autonomy involves teachers in decision making processes and allows flexibility in their teaching approaches.	True
14. End of module 11 quiz	1. Which digital platform supports real-time interaction through forums and chat?	C. Google Classroom.
	2. How can coaches effectively adapt their methods to support teachers during emergencies according to the concepts presented?	B. Utilize advanced technology and remote mentoring strategies.
	3. What is the key difference between mentoring and coaching as outlined in the module?	A. Mentoring is less structured and based on mutual interest, whereas

		coaching is highly structured.
	4. What role does technology play in coaching teachers during emergencies?	C. Technology enables remote connections and coaching session delivery.
	5. What is the significance of monitoring progress in a mentoring relationship?	B. It adjusts the plan to align with the mentee's progress.
	6. Why is providing feedback considered crucial in the mentoring process?	D) It builds trust and acknowledges improvement areas.
	7. How does the collaborative aspect of mentoring enhance the mentees development?	C) It promotes shared problem-solving and learning.
	8. What is the purpose of celebrating successes in the mentoring process?	A) It motivates effort by recognizing achievements.
	9. Why is the "Prepare" step crucial at the beginning of the coaching cycle?	B) To adapt to teacher needs.
	10. What is the primary purpose of the "Observe" step in the coaching cycle?	C) To focus on specific skills.
	11. How does the "Lead 1-1 Session" step enhance teacher development?	D) It supports tailored practice.
	12. How does curating high-quality resources support teachers during remote mentoring?	A) Saves time and improves teaching practices.
	13. Why is offering flexible time for mentoring sessions important during emergencies?	D) Ensures support and values teachers.
	14. Why is promoting self-care among teachers important in distance education?	C) Enhances well-being.
	15. How does involving teachers in decision-making fulfill their need for power in distance education?	B) Shapes the environment.
<b>Module 12</b> 03099453156		
5.Quiz 1 80%	1. What is the primary goal of detailed classroom observations?	B) To identify what needs improvement
	2. Why is prioritized feedback important?	D) It highlights crucial improvements
	3. Effective feedback should primarily focus on what?	C) Observable behaviors
	4. What are examples of actionable feedback?	A (False)
	5. What are examples of actionable feedback? Ms. Aalia conducted a science lesson on the water cycle for her 5th- grade class. She used a combination of a PowerPoint presentation, a short video, and a diagram drawn on the	B) Your lesson on the water cycle was well-structured, but consider using more interactive activities to clarify the differences between condensation and precipitation.
7.Quiz 2	1. What is a crucial aspect of emphasizing empathy in coaching?	B) Understanding teachers' perspectives
	2. How can mutual respect impact a coaching relationship?	D) It enhances collaboration on weaknesses
	3. What is the purpose of setting clear, measurable goals in coaching?	C) To guide teachers toward achieving specific outcomes
	4. When should a coach consider adjusting their approach?	B) If the coaching sessions become routine or disengaging
	5. Why is it crucial to improve student-teacher interaction in online classes?	B) Set clear communication guidelines.
11.Quiz 3	1. Reflective practice only benefits personal development, not professional skills.	False
	2. Reflection on action involves thinking about what you are doing while you are doing it.	False
	3. Reflective practice can help improve problem-solving skills and emotional regulation.	True
	4. Free drawing as a method of developing reflective	False



	practice is limited to artistic individuals.	
	5. Reflective practice does not involve dealing with biases or memory errors.	False
	6. Critical/analytical writing only identifies an events significance without evaluating its components.	False
	7. The purpose of free writing in reflective practice is to structure thoughts and follow grammatical rules strictly.	False
	8. Reflection in action can lead to overanalysis during live situations, affecting immediate coaching or action.	True
12. End of module 12 quiz	1. Which example illustrates specific feedback?	C) Using open-ended questions increased participation.
	2. What is a key benefit of actionable feedback?	B) It offers concrete steps for improvement.
	3. How does promoting student collaboration benefit online learning?	C) Fosters collaborative learning.
	4. Why should we offer varied assignment options in online courses?	A) Caters to individual strengths.
	5. What is the main benefit of reflection on action in reflective practice?	B) Offers in-depth post-event analysis.
	6. Why is free drawing effective in developing reflective practice?	C) Unveils hard-to-express insights.
	7. What is the purpose of the Description stage in Gibbs Reflective Cycle?	C) To record the factual details of what occurred.
	8. What is primarily explored During the Feelings phase of Gibbs Reflective Cycle?	B) The emotional reactions during and after the event.
	9. Why is the Evaluation step crucial in Gibbs Reflective Cycle?	C) It assesses what went well and what did not in the event.
	10. What outcome is expected from the Action Plan stage of the Gibbs Reflective Cycle?	C) Developing specific strategies for improvement.
	11. What makes feedback actionable?	C) To encourage and motivate before addressing areas for improvement.
	12. How does specific feedback improve the teaching process?	B) It includes clear steps for improvement.
	13. What role does relevance play in effective feedback?	D) By pinpointing exact strengths and weaknesses.
	14. What are examples of actionable feedback?	A) It aligns feedback with the teacher's role and goals.
	15. How can a coach effectively address stagnation during the coaching process?	A) I, II and IV only (False)

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