

Anticipation	During this stage, the beginning teacher needs encouragement, confidence building and answers to his/her questions.
Survival	During this stage, the beginning teacher needs to focus on one thing at a time and set goals daily.
Disillusionment	During this stage, the beginning teacher needs to highlight his/her achievements and focus on very specific needs.

Rejuvenation

During this stage, beginning teachers should try something new and take time to observe other master teachers.

Reflection

During this stage, beginning teachers need to focus on what worked well and discuss adjustments for next year.