Back to School & Fall Registration

Plan now for Fall classes with this informative guide, presented by the Oakville Beaver

Beat teacher burnout once and for all

Every once in a while, seasoned teachers will come across a crop of "newbies" — students perhaps, interested in the profession, and the idea of playing around with kids for a few hours with two months of summer vacation thrown in for good measure. Of course, the veterans smile, knowing that vision of teaching couldn't be further from the truth.

In reality, as a teacher, each day you are called upon to fill the roles of educator, counselor, mother, doctor and a long list of others. As a result, teacher burnout is more popular than one might imagine, which could be a good reason why schools across the country are experiencing teacher shortages, and fewer certified educators are applying for positions.

For those of you who stick out each school year, there are ways to alleviate stress and stay away from the road to burnout.

These humble tips may be easier said than done. But, these ideas could potentially kick your stress levels down a notch. It's worth a try!

❑ Ask for help — Often, it seems far easier to just do things yourself rather than to explain how something should be done. But parents, school volunteers, friends and students can be a valuable time-saving resource in your classroom, but only if you take the time to ask them. With a little planning and time invested up front, you can set up routine times and duties for the people available around you.

❑ Don't sweat the small stuff — This is a big piece of advice that applies in all areas of life. But, in teaching, you really need to put things in perspective. Is anyone but you really going to care if the border on that bulletin board is crooked? You're there to teach the children. Some things that don't fall into the teaching/imparting knowledge category just may not be worth a large amount of time and effort.

❑ Remember why you teach — Look past all of the annoyances and hassles, both big and small, and remember why you became a teacher in the first place. You teach in order to make a difference for children and to share yourself with the world. Keep your reasons for teaching close to your heart and you'll realize that all of the stress really can be worth it.

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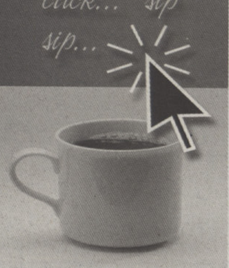

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