



A Beginning Teacher
Professional Development Program

Module Three Avoiding Burnout





Module 3: Avoiding Burnout



Going Deeper Activity - Avoiding Burnout

Going Deeper are activities designed for participants who have been through the first or second year of the BT Matters program, or participants who are at a higher level of experience.

Time: 45 minutes

Materials Needed: Internet, PowerPoint File (M3-Action-Research.ppt)

Activity Going Deeper:

What is Action Research and How Can it Help Me

Using the PowerPoint file, participants will become acquainted with Action Research. They will see how studying themselves with the help of others can readily help them to improve in almost any area they choose to study.

At Tables, participants are encouraged to share simple examples of action research that you could implement?

In whole group, participants are asked to share one example of action research from each of the table discussions. Briefly explain each step of the process using the chart on the slide fourteen of the PowerPoint file.

(Use M3-Action-Research.ppt)



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Notes

