



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, Article

Activity Going Deeper:

What is Action Research and How Can it Help Me

In small groups discuss the following:

Now that you have identified your talents, used links below to review learn more about the strengths-based approach to teaching and learning.

For more discussion use one of the following resources as a discussion starter:

1. Watch the video:

<https://goo.gl/hdgMQa>

2. Read the Article:

<http://goo.gl/4l5n8Q>



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Notes

