



A Beginning Teacher  
Professional Development Program

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# Module Three

## Avoiding Burnout





## Module 3: Avoiding Burnout



### Overview:

Teachers fulfill many roles in their jobs and in their own personal lives. Sometimes they can take on more than they can handle. Over time what they once could handle becomes too much. If not addressed, burnout can occur.

However, as a teacher, you are not alone. You are surrounded by a network of valuable resources. People, places, media, and groups. It's up to you to choose your own path and decide which resources work for you!

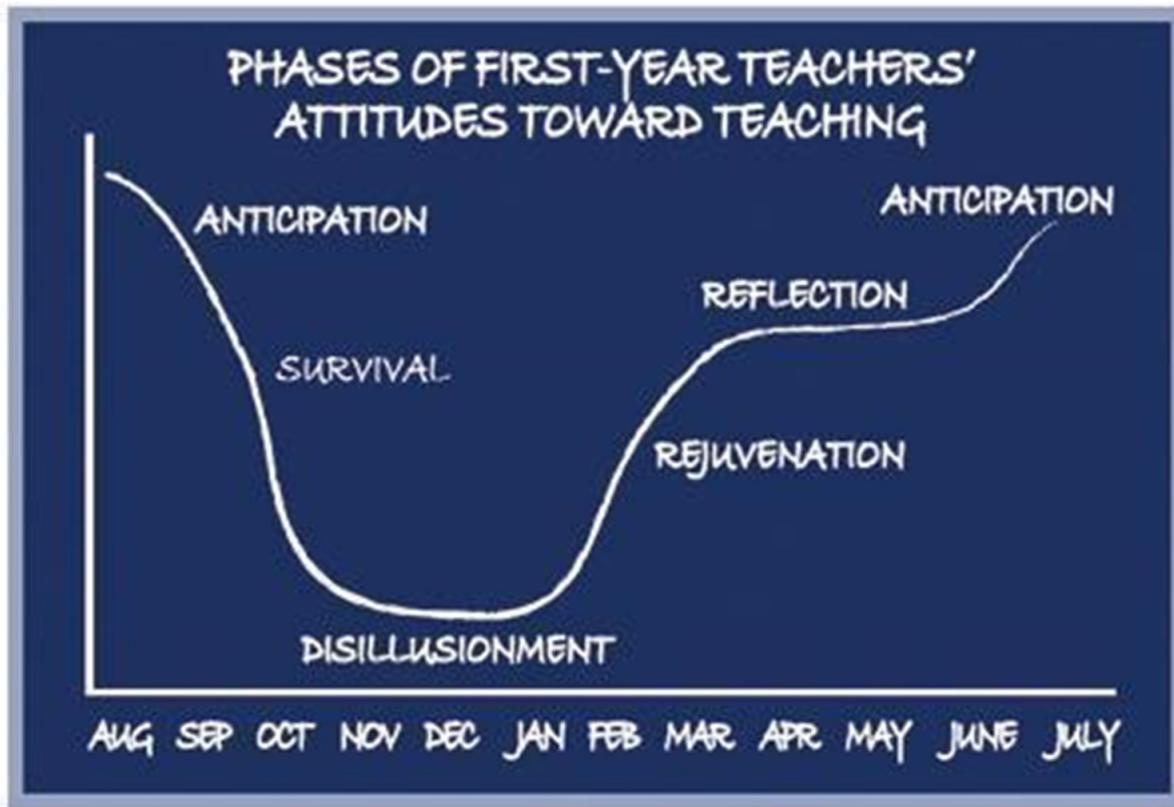
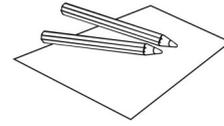
### Objectives for this Module:

- 1) Determine your current phase of teaching based on Ellen Moir's Phases of Teacher Attitudes and match attitude to beginning teacher needs and support.
- 2) Examine your talents and explore a strengths-based approach to teaching and learning.
- 3) Develop strategies to maintain your professional focus on effective teaching and student learning when faced with obstacles.
- 4) Revisit teaching philosophy and identify resources (mentors, teachers, administrators, social media) who support your professional outlook.
- 5) Identify "professional community" resources available to support teachers to connect with their profession and each other.





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Exit Slip	
3	Things I learned today or something I really enjoyed was...
2	Items that might benefit from change ...
1	Thing I might need help doing...



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### Continuing the Discussion...



Participants will follow up by reflecting on some of the resources discussed in this module. Whether you identify with the kitten or cat, hopefully, you have started to realize that, as a teacher, you are not alone. You are surrounded by a network of valuable resources- people, places, media, etc.- and it's up to you to choose your own path and decide which resources work for you!

In our face-to-face session, you discovered three strategies: PLCs, Action Research, and Professional Resources. Pick the concept that speaks to you and share your answers to the questions below.

In your own words, what is the resource?

What did you learn about it?

How are you going to use it?

Use the link on the web site entitled - "Continuing the Discussion for Module 3" to access a discussion where participants can post their thoughts.

#### **\*Please note:**

With any online activity it is very important that you maintain a high level of professional conduct. As a new teacher, it is never appropriate to reference students, parents, teachers, or administration when discussing items online. This includes items for this program, but also includes social media sites.

If you need to talk confidentially with your mentor it is advisable to set up a meeting in person or call them on the phone.



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### Resources for More Information...



**More about PLC's :** What is a Professional Learning Community

Visit at: <http://goo.gl/Ka4EIJ>

**What is Action Research? :** Excellent article on how to design and implement an Action Research project.

Visit at: <http://goo.gl/eZyNSC>



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**Notes**

