

The background of the slide is a photograph of a sunset over the ocean. The sky is filled with soft, white and grey clouds, some of which are illuminated from below by the setting sun, giving them a warm, golden glow. The sun itself is not directly visible, but its light creates a bright, hazy area in the upper right portion of the sky. The ocean is a deep blue-grey color, with several waves breaking in the foreground. The white foam of the waves is clearly visible, and the water's surface is textured with small ripples. The overall mood is peaceful and contemplative.

First Aid for Teacher Burnout

How You Can Find Peace and Success

Rankin suggests Setting the Stage:

PART II:

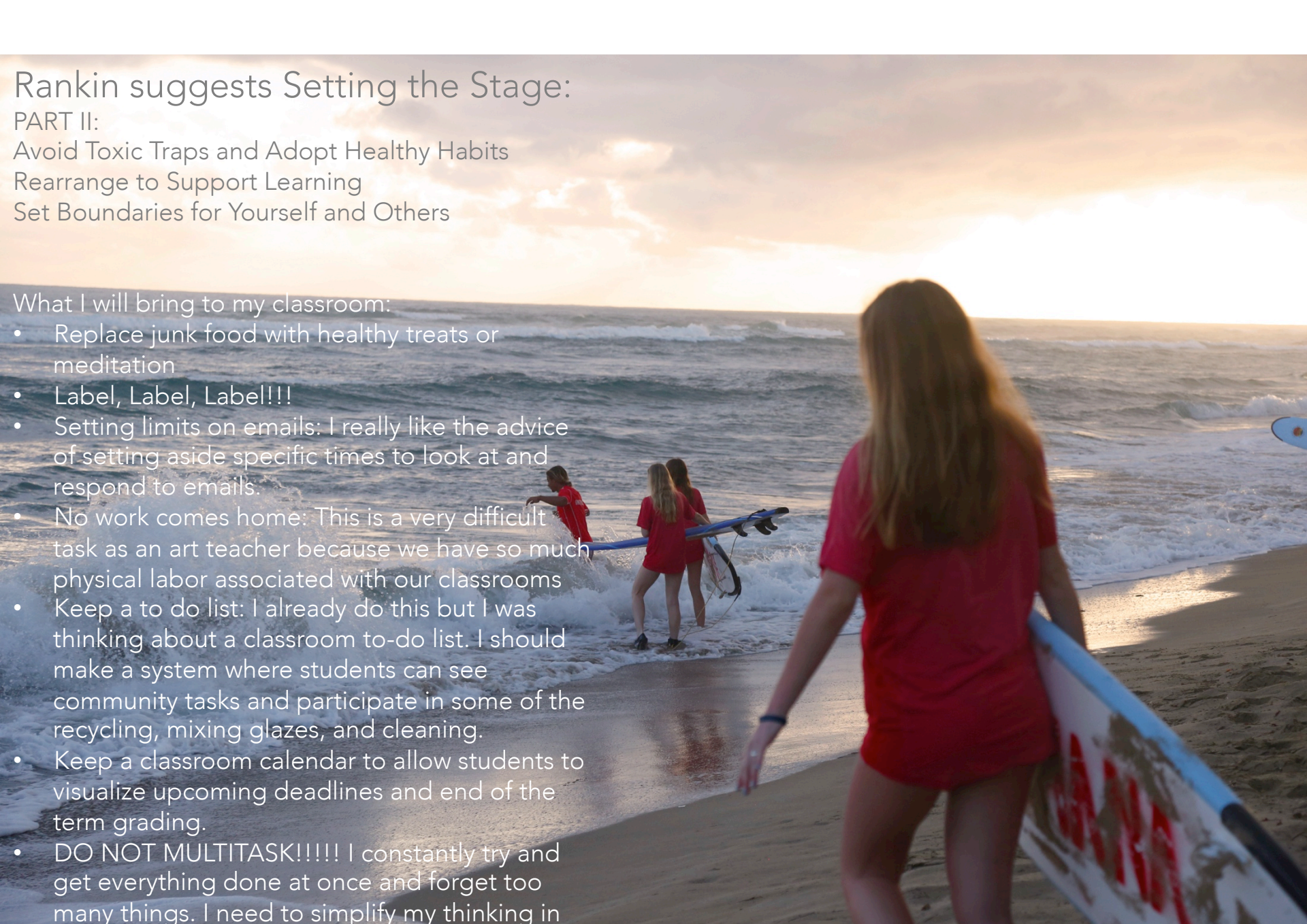
Avoid Toxic Traps and Adopt Healthy Habits

Rearrange to Support Learning

Set Boundaries for Yourself and Others

What I will bring to my classroom:

- Replace junk food with healthy treats or meditation
- Label, Label, Label!!!
- Setting limits on emails: I really like the advice of setting aside specific times to look at and respond to emails.
- No work comes home: This is a very difficult task as an art teacher because we have so much physical labor associated with our classrooms
- Keep a to do list: I already do this but I was thinking about a classroom to-do list. I should make a system where students can see community tasks and participate in some of the recycling, mixing glazes, and cleaning.
- Keep a classroom calendar to allow students to visualize upcoming deadlines and end of the term grading.
- DO NOT MULTITASK!!!!!! I constantly try and get everything done at once and forget too many things. I need to simplify my thinking in

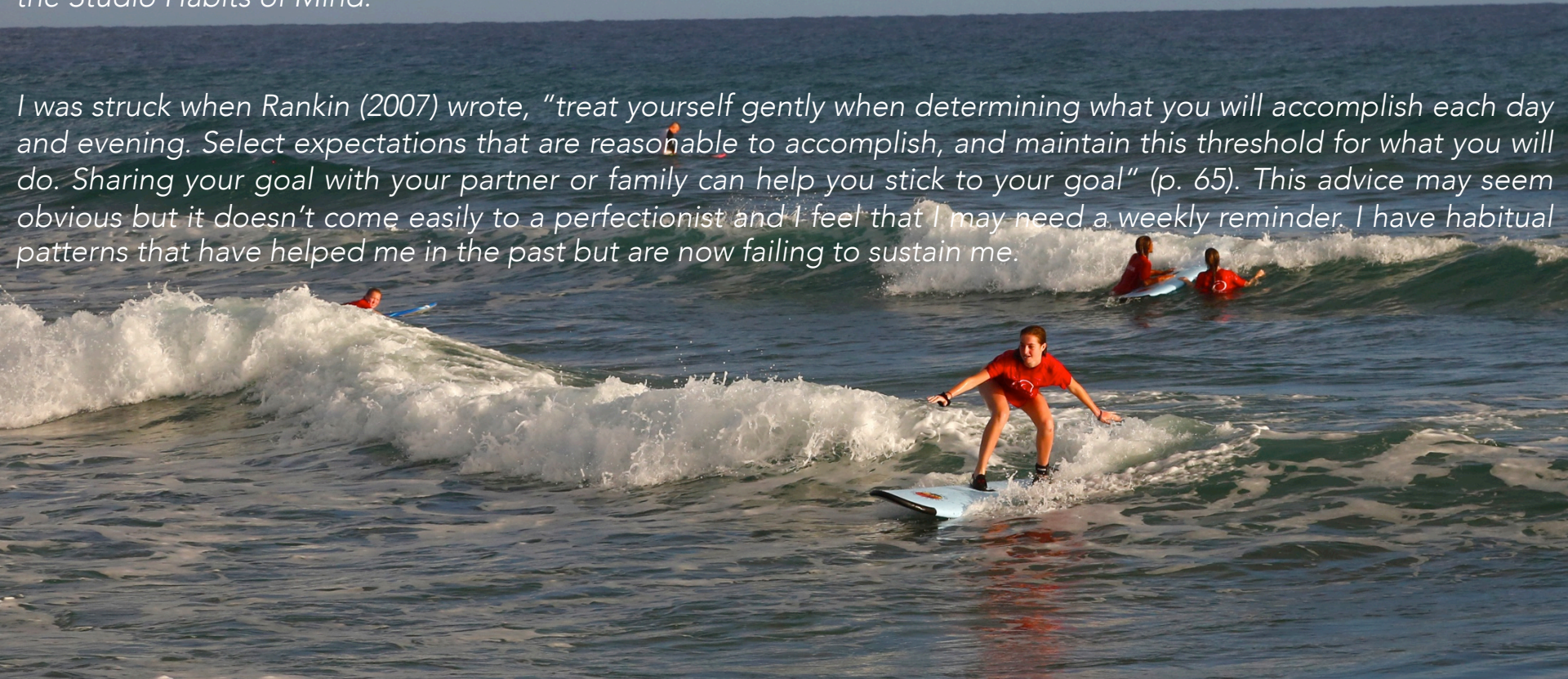


In PART III, GOOD BYE, FLUFF, Rankin has a plethora of ideas and ways in which to clear the clutter and streamline systems including: Grading suggestions, Classroom Helpers, & Practice saying “no”

What translates to my practice:

Rankin suggests teachers “scrutinize how your lessons lead students to mastery of those standards” (p. 66). In an effort to prioritize important skills and save time and busy work, I will spend some time this summer reviewing my curriculum maps and power standards. I do this every summer but I want to focus my energy more on aligning to the Studio Habits of Mind.

I was struck when Rankin (2007) wrote, “treat yourself gently when determining what you will accomplish each day and evening. Select expectations that are reasonable to accomplish, and maintain this threshold for what you will do. Sharing your goal with your partner or family can help you stick to your goal” (p. 65). This advice may seem obvious but it doesn’t come easily to a perfectionist and I feel that I may need a weekly reminder. I have habitual patterns that have helped me in the past but are now failing to sustain me.





PART III, GOOD BYE, FLUFF continued... Rankin has strategies for Collaboration and Tedium

In my practice: I recently had a meeting with two colleagues specifically to help lean on each other and work on a new fun project together in an effort to support our teaching and department. I have some new found enthusiasm for next school year. I love to mix it up and work with others!

PART IV: TOOLS & PROCESSES CAN BE YOUR FRIEND CURRICULUM & TECHNOLOGY

MY CLASSROOM:

Advocate for your program and make a case to your administrator: We have a very specific timeline for requesting funds. We submit budget proposals in October only to find we are denied in June for the following school year. However, we just need to keep requesting year after year and make a case for our program.

Take classes: About 5 years ago, a colleague and I attended a 6 hour workshop on studio lighting techniques for better photography. The district paid for it after we made our case for the training. Made a HUGE difference in our curriculum and AP class. We found the district was willing to pay once they understood how the students would benefit.

Request customized training: there are still unanswered questions about our PD website. I am going to request that my department is trained again.

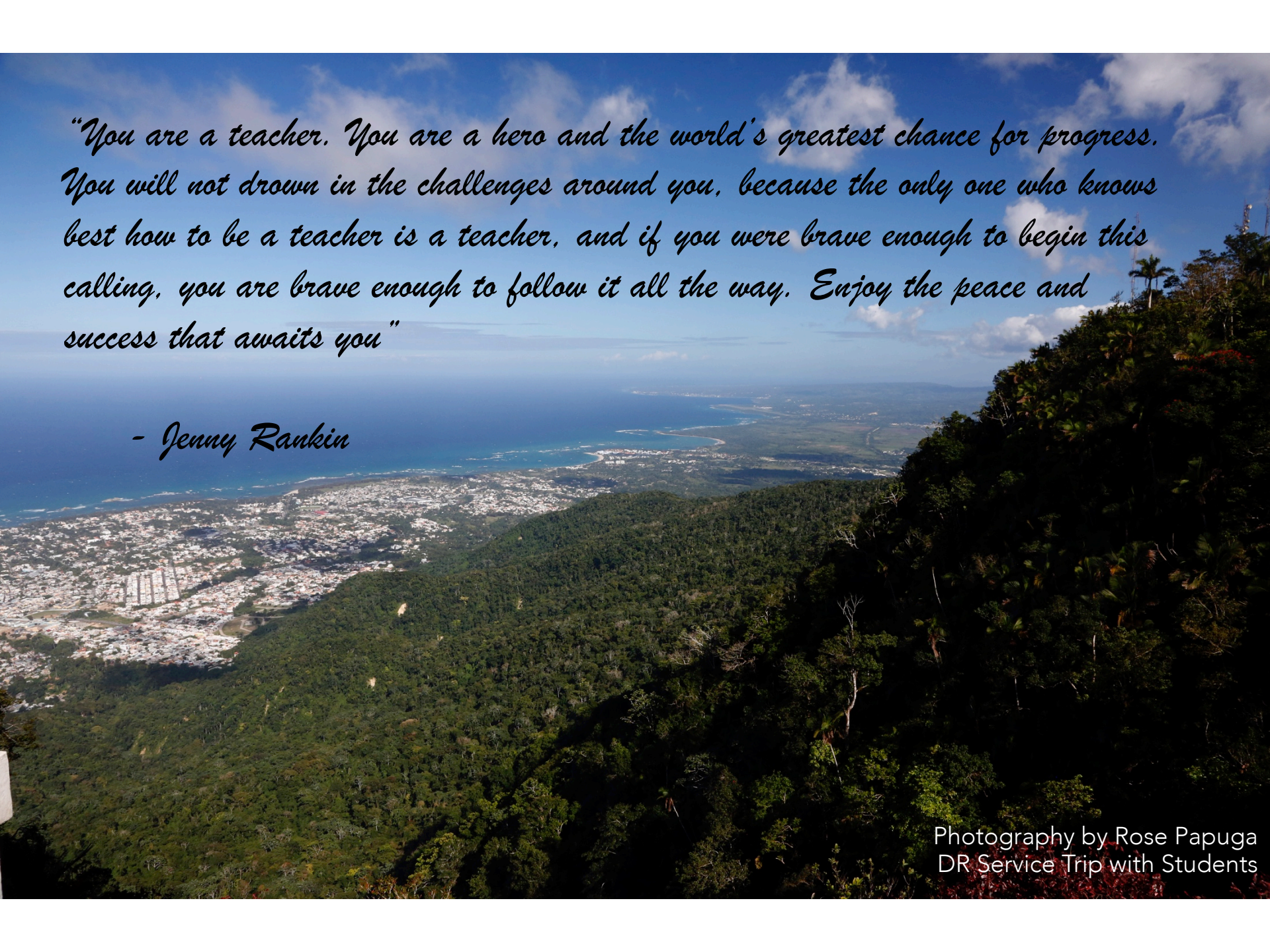
Use the right tools that help you to communicate: When I first set up my classroom website I made a bunch of videos of my throwing demos for students to access if I was unavailable. I had forgotten about that and would like to post more and varying techniques for the students. Also, I often find myself talking into my phone on the way home from school when I want to write a bunch of emails but didn't have time. I really like this feature on the phone.

Use YouTube and other online tutorials- I have found this particularly helpful when using and fixing specialized equipment in the studio. My technology challenges are unique to a pottery studio and I often have to spend time online to learn enough about my issues.



PART V: GETTING EVERYONE ON YOUR SIDE BEHAVIOR, ADMINISTRATION & COMMUNITY

Rankin is clear about being assertive, articulating "remember you are representing the teaching profession and are worthy of respect" (p. 162). She is right to advise a group of mostly people pleasing women in this profession who are constantly taken advantage of. But her advice comes out of respect for the entire community. I need to remind myself of my value and expertise before tough conversations with administrators. Therefore, Rankin suggests preparation and data in a meeting stating "when opinions are backed by research statistics, by school data, or an expert's published statement, people are more inclined to consider your argument valid" (p. 162). Of course, this may not work the first few times you speak up for yourself or your department but Rankin also acknowledges this point and advocates for teachers to 'keep trying' which may be the definition for teaching!



"You are a teacher. You are a hero and the world's greatest chance for progress. You will not drown in the challenges around you, because the only one who knows best how to be a teacher is a teacher, and if you were brave enough to begin this calling, you are brave enough to follow it all the way. Enjoy the peace and success that awaits you"

- Jenny Rankin

Photography by Rose Papuga
DR Service Trip with Students