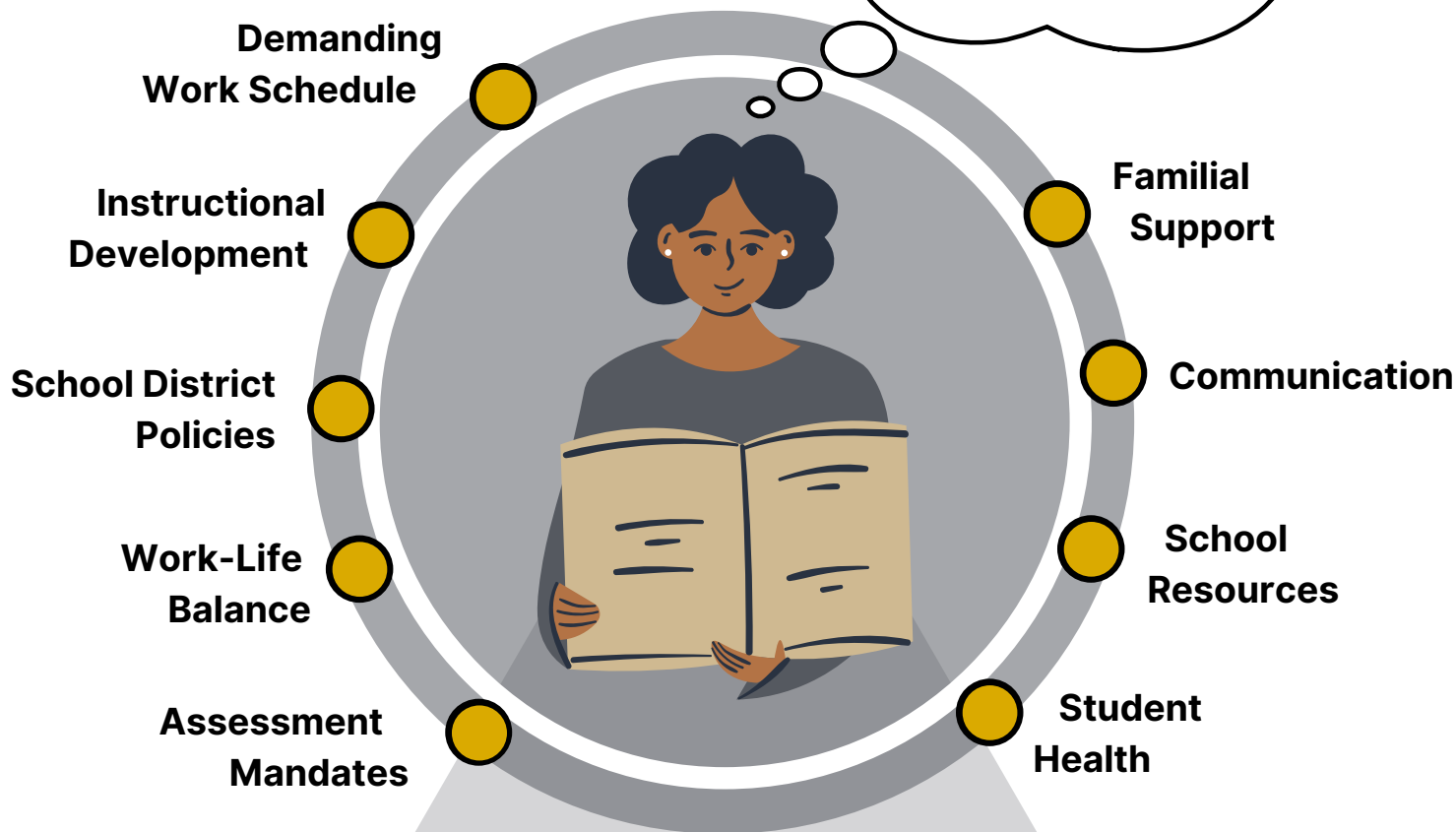


Work-Life Balance

Reclaiming Power Reducing Teacher-Related Stress

Identify Controllables

Which of these are within my control?



CONTROLLABLE

STRATEGIES

Work-Life Balance

Focus on ***maintaining a sense of self*** to avoid compromising personal needs while attending to committed professional responsibilities.

Examples: Muting email notifications after 6:00 PM; providing student feedback during class time; being flexible with timing

- **Pause Production**
Intentionally schedule breaks away from video conferencing and computer tasks
- **Boundaries**
Create time boundaries that prioritize outside-of-school activities

Instructional Development

Focus on strategic ways to ***enhance supportive professional skills***. Professional development may be offered by school districts, but is also be available through other professional connections.

Examples: Subscribing to free teacher resources; connecting with educators through global social networks

- **Professional Community**
Connect with local and global educators for insights into effective instructional strategies, social-emotional learning strategies, and technology skills
- **Professional Development**
Engage in just-in-time pedagogical training workshops

Assessment & Feedback

Focus on ways to ***efficiently*** support students' learning and growth process through feedback and assessment.

Examples: Using assessment rubrics to streamline grading; providing voice feedback through Learning Management Systems

- **Streamlining Assessments**
Create projects with inter-project checkpoints or deadlines to promote completion over time
- **Feedback**
Maximize diverse voices through peer-led feedback using guided questions

References

- Fleming, N. (2020, May 8). *Curbing teacher burnout during the pandemic*. Edutopia. <https://www.edutopia.org/article/curbing-teacher-burnout-during-pandemic>
- Fong, J. (n.d.). *How to achieve true work-life balance as a teacher when you're always on*. Clerisy. <https://clerisypd.com/true-work-life-balance-as-a-teacher/>