

First Aid for Teacher Burnout



How You Can Find Peace and Success

Jenny Grant Rankin

An Eye On Education Book



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First Aid for Teacher Burnout

How You Can Find Peace and Success

Jenny Grant Rankin, Illuminate Education, USA

Offering clear strategies rooted in research and expert recommendations, *First Aid for Teacher Burnout* empowers teachers to prevent and recover from burnout while finding success at work. Each chapter explores a different common cause of teacher burnout and provides takeaway strategies and realistic tips. Chapter coverage includes fighting low morale, diminishing stress, streamlining grading, reducing workload, leveraging collaboration, avoiding monotony, using technology to your advantage, managing classroom behavior, advocating for support from your administration, securing the help of parents and community, and more.

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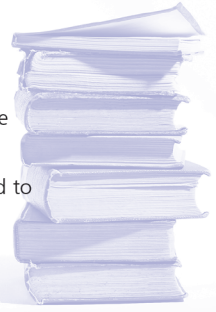
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