



# Syllabus

**Course Title:** Extinguishing Teacher Burnout.

**Summary:**

In a rare effort to prevent teachers from quitting their jobs and entering into a new profession, three experts from Education4Equity took it upon themselves to research the real cause for why teachers are getting burned out and what specific strategies could help them avoid what the World Health Organization is calling a chronic disease. Burnout is not just the experience of getting stressed, rather it is an illness that relates to 3 things: 1) it relates to one’s profession; 2) it relates to why someone becomes cynical regarding their profession and 3) it is associated with aches and exhaustion felt in the body. People have all recognized that teaching is a profession that has burnout associated with it, but few courses have helped an educator practically escape burnout and its effects. In this course we introduce Mindful Mindy who is a fictitious turtle whose methods help individuals objectify burnout and start to practice breathing and mindful exercises that help teachers escape burnout with all of its side effects. You will not regret taking this course. This is one of the few courses where we have a e-book that comes along side of the online course. The syllabus is equal to the names of the 8 chapters of the book below. Each chapter translates to an online lesson:

Syllabus

[Introduction](#) .....

[Chapter 1: Story of the Average Teacher in America](#)

[Real News Article Stories](#) .....

[End of Chapter Questions](#) .....

[Chapter 2: Extinguishing Teacher Burnout Amidst a Pandemic that Seemed to Never Quit](#) .....

[End of Chapter Question](#) .....

[Chapter 3: The Pressure Is Real!](#).....

[A Quick Story](#).....

[End of Chapter Questions](#) .....

[Chapter 4: History of Burnout in America](#) .....

[Working Less than 40 Hours Can Lead to Higher Productivity Levels](#)

[Why Are People in America Hesitant to Take Their Time Off?](#)

[Americans Cannot Afford Vacations](#) .....

[Less-secured Employees' Rights](#) .....

[Americans Prioritize Work Over Health](#) .....

[Fear of lay-offs](#).....

[The Plight of Teachers](#).....

[End of Chapter Questions](#)

[Chapter 5: Key Solutions](#).....

[Major Sources of Teacher Burnout](#) .....

[Ways to Prevent Teacher Burnout](#) .....

[Chapter 6: Classroom Must-haves](#).....

[Four Essentials for Every Classroom](#).....

[Other Suggestions](#).....

[Chapter 7: Putting It All Together - Remember the Turtle](#)

[Mindful Mindy the Turtle](#) .....

[The Science Behind Mindfulness](#) .....

[Chapter 8: A Word of Comfort](#) .....

**Activities:**

Teachers who take this course will enjoy the following tasks:

- 1) Interacting with other educators on discussion boards.
- 2) Completing quizzes
- 3) Completing simple write-up that help registrants contemplate on their own experience of getting burned out from specific situations at school, including: a) behavior issues among students; b) standardized tests; c) excessive paper work from homework assignments; d) stress from the overall number of hours that the teaching profession requires; e) having to use one's own money in order to support teaching exercises; f)

dealing with unhappy parents in parent teacher conferences; g) at home issues such as needing to care for one's own children, challenges with relationships issues with one's own partner, etc.

For questions, contact the teacher of this course: [yourinstructor.ed4equity@gmail.com](mailto:yourinstructor.ed4equity@gmail.com)

**Amount of Time to finish:** A teacher should be able to finish this course in 7 to 10 Saturdays mornings that are set aside – but the benefit to the teacher can be felt from the very first weekend.