

Extinguishing Teacher Burnout

Course Syllabus for K-12 Teachers



KABOOM!

What You Will Learn

This 3-credit course will allow you to learn the secret to extinguish and escape one of the most deadliest chronic illnesses in the workplace – BURNOUT.

Teacher Comment

“Thank you, this was the greatest class I ever took in my entire academic and professional career”

COURSE SYLLABUS

Extinguishing Teacher Burnout

Number of Credits: 3 Credits

Objectives

1. Protect your job from anxiety and understand the simple steps needed to avoid burnout.
2. Learn the true definition of burnout and understand its symptoms.
3. Learn a 5 minute exercise that will extinguish burnout quickly and effectively.
4. No matter how shy, timid or self-deprecating you are, learn a simple technique on how to protect your boundaries with professional confidence.

Course Overview

Research has shown that there are four main categories of teacher activity that cause burnout. 1) A misalignment in expectations between a teacher and their administrator. 2) Disruptive behavior by students in the classroom. 3) The need to work an inordinate number of hours. 4) Needing to handle personal issues and emergencies on the Homefront.

When a teacher experiences one or more of these scenarios, they become cynical regarding their profession and experience a chronic illness called burnout. By taking this course, you will learn a powerful way to restore passion in your teaching profession and protect the personal space you need to preform at top levels as an educator. Sign up for this course today and you will learn to say "goodbye" to burnout forever.

Course Outline

Introduction

Unit 1: A Year of Burnout Across the American Nation

Unit 2: What Does It Mean to be Burned Out?

Unit 3: The Pressure is Real!

Unit 4: History of Burnout in America

Unit 5: Key Solutions

Unit 6: Classroom Must-Haves

Unit 7: Putting it All Together

Unit 8: A Word of Comfort

Key Moments

There are 8 forums (discussion boards) where teachers discuss (and delightfully vent) everything from how they ran into their "breaking point" to absolutely phenomenal ways they found out how to enjoy "break through moments" that completely turned their career around - for the better. You will read teacher stories that will both delight you and amaze you with educators documenting their experience with phrases like: "I have a few kids who really lack impulse control..." or "Everything was beginning to cave in. After I finished praying and crying I went home and wrote in my journal..." Learning how others faced unimaginable burnout situations but in the end extinguished their own burnout, will add to your toolbox a diverse number of ways to face any circumstance.

Description of Activities

For each module please expect the following activities:

- Read through the lesson/session contents (including articles) and watch videos
- Take a short quiz on the material presented
- Complete a written assignment with open-ended responses
- Post your written responses on a discussion forum for interaction with others