

Topic 5: Preventing Teacher Burnout

TRAINING REFERENCES

Surviving Teacher Burnout by John Rosales <http://neatoday.org/2011/06/07/surviving-teacher-burnout-2/>

Building Bonds Among Teachers and Directors by Kimberly B. Moore, Ph.D.
http://teacher.scholastic.com/professional/teachertoteacher/building_bonds.htm

Six Signs of-and Solutions for-Teacher Burnout by Wendi Pillars
<http://www.edweek.org/tm/articles/2014/05/20/ctq-pillars-signs-of-solutions-for-burnout.html>

What is Job Burnout? by The Center for Mental Health in Schools
http://smhp.psych.ucla.edu/qf/burnout_qt/what_is_burnout.pdf

The Tell-Tale Signs of Burnout...Do You Have Them? By Sherrie Bourg Carter Psy.D.
<https://www.psychologytoday.com/blog/high-octane-women/201311/the-tell-tale-signs-burnout-do-you-have-them>

10 Steps for Avoiding Teacher Burnout by Ben Johnson <http://www.edutopia.org/blog/ten-tips-to-avoid-teacher-burnout-ben-johnson>