

Empowerments for Student Learning

Exclusively for Adjuncts

Honoring active learning and supportive teaching environments in a changing paradigm of higher education

Expand your knowledge. Broaden your resources. Spark students' inspiration.



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"The cyclone derives its powers from a calm center. So does a person." Norman Vincent Peale

Many instructors battle burnout near the end of the semester. Be proactive in eliminating as much stress as possible as you prepare for finals.

Proactive Burnout Elimination Strategies

- 1) Place great value on your personal time. Work smarter instead of longer.
- 2) Keep a flexible attitude. Look for solutions instead of dwelling on the problem.
- 3) Plan ahead and don't procrastinate.
- 4) Pace your instruction to include some pleasurable activities.
- 5) Call on your resources and support staff.
- 6) Stay current with grading.
- 7) Think before you act when you are stressed.
- 8) Reflect on the past semester as you set your goals for the next semester.

Suggestions from: Thompson, Julia G. (2007) *The first-year teacher's survival guide*. Danvers, MA. John Wiley & Sons, Inc.

With Best Regards,
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