Let’s go Forward Together!

#LearnOn2022

- Join the EVERFI K-12 Facebook Page: [Educator Resources for Real-World Learning](#)
- Follow us on social @EVERFIK12
But First, Housekeeping...

Audio
- Can’t hear? Be sure that your computer is allowing audio output
- You can ask questions in the chat if you’re having issues - we have live tech support!

Questions
- Type your questions into the questions box - we have an EVERFI rep ready to answer in real time, or we will answer them during the Q&A

Social
- Find us on Twitter, Instagram, Facebook, and TikTok @EVERFIK12 and use #EVERFIempowers and #LearnOn2022 when you share out!
Teacher Burnout: Why am I Still Here?
Teacher Burnout: Why am I Still Here?

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Agenda

- The Landscape of Burnout
- Remembering Your “Why”
- Perfection Over Production
- Strategies for Mitigating Burnout
- Success Story: San Antonio ISD
- Questions & Discussion
Ground Rules

- Note that this is a hot topic and can be a touchy issue to discuss.
- There are both teachers and admin/district leaders in this session, so we ask for open minds, honest hearts, and kind words.
- There will be a chat moderator during this time– please feel free to use the chat to connect and reflect.
Why am I still here?
K-12 Workers Have Highest Burnout Rate in U.S.

The Mental Health Crisis Causing Teachers to Quit
Teachers are leaving careers they love in a last-ditch effort to save their mental health. How did we get here?

K-12 workers are the most burned out employees in America, and it’s a sign the teacher shortage is about to intensify

School is out, but teacher stress and burnout is still in session
55% of educators say they plan to leave education sooner than planned because of the pandemic.

NEA Member Survey, January 2022
Reasons teachers have considered leaving the profession

- Inadequate pay/benefits: 22%
- Stress/pressure/burnout: 19%
- Lack of respect/feeling valued: 10%
- Student behavior: 9%
- School administrators/board: 7%
- Workload/hours: 6%
- Retirement/age: 5%
- Lack of support: 4%
- Teaching no longer enjoyable/to pursue other interests: 3%
- Paperwork: 2%
- Poor working conditions: 2%
- Family obligations: 2%
- Testing requirements: 1%
- Gov't involvement: 1%
- Other: 5%

PDK poll, 2019
The New Educator Experience
The “Why” Behind the Headlines...

We asked teachers on Instagram, Facebook, Twitter and TikTok why they’re experiencing burnout. These are just a few of the trending responses:

- Student behavior
- Bad parenting/ No support from parents
- Support from Admin
- No follow through or resolutions
- Lack of boundaries
- Unrealistic expectations (Too much being expected)
- Rules being created by those never in the profession
- Too many trainings/meetings with no time to prep or work
- Pressure, shame & guilt put on teacher to work above and beyond their contracts
What was your “why” when you started?

Tell us in the chat...
Tell us in the chat...

What keeps you going/showing up every day?
Perfection
Over Production
Perfection Over Production

- Teachers feel a lot of pressure around perfecting certain things
- Districts and schools constantly rolling out new products, new curriculum, new methods and strategies
- Teachers are already juggling so much, and are expected to tackle new projects and new committees
Strategies

- A teacher needs to be able and should be given the time and opportunity to perfect things before being given more to do.

- Consistency is important

- Check in on your teachers/teacher friends
Strategies for Mitigating Burnout

*mental health tips to put into practice today*
Cultivating Daily Practices for Well-being

- Control the controllable
- Carve out time for self-care
- Prioritize movement
- Model self-compassion
- Set reasonable expectations
- Communicate
- Be unapologetic
- Set healthy boundaries
- Find a support system
A Systemic Approach to Burnout Prevention

- Teacher
- Department head
- Administration
- Teaching teams
- Policy makers
- Families
- District leaders
Success Story
San Antonio ISD
Mental Health Resources

- EAP
- National Crisis Resources – Mental Health America
  - [https://mhanational.org/crisisresources](https://mhanational.org/crisisresources)
- Local support groups
Now, take everything you just chatted and responded to...

Think about a moment or two of hope in your role: something that affirmed your work or your purpose. Write it down and hold it in your heart for a moment.
You know what the happiest animal on Earth is? It’s a goldfish. You know why? Got a ten-second memory. Be a goldfish.

Ted Lasso
Thank you! Let’s go Forward Together!

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