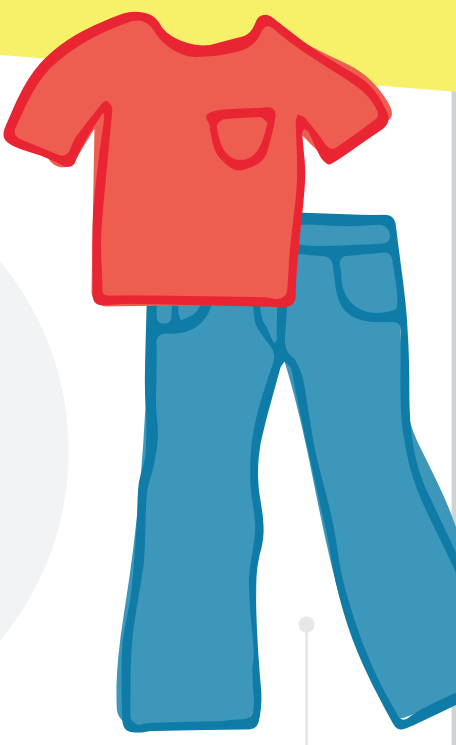
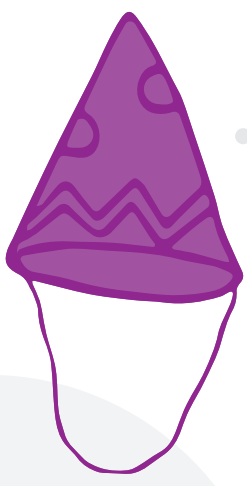
YOU KNOW YOU'RE A TEACHER WHEN...

YOU NEVER LEAVE "TEACHER MODE"



> Your closet is arranged by 'teacher' clothes & 'other' clothes.
>
> CORRINNE, SOUTH DAKOTA

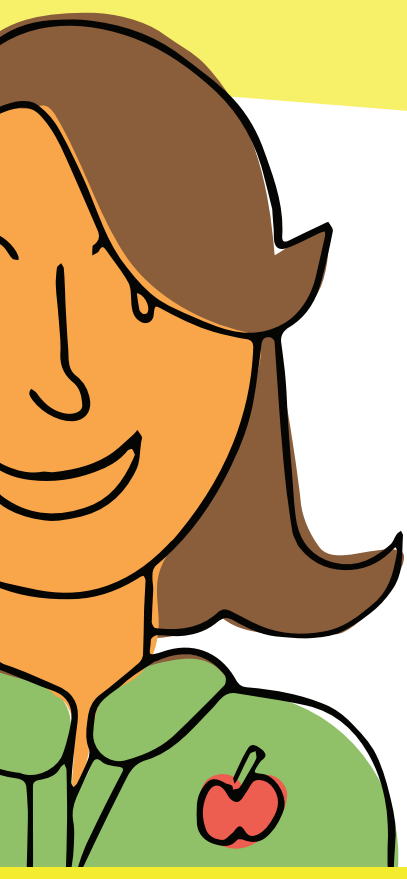


> Your car dings to tell you to put a seatbelt on the passenger, but it's only your book bag on the seat!
>
> JANET, PENNSYLVANIA

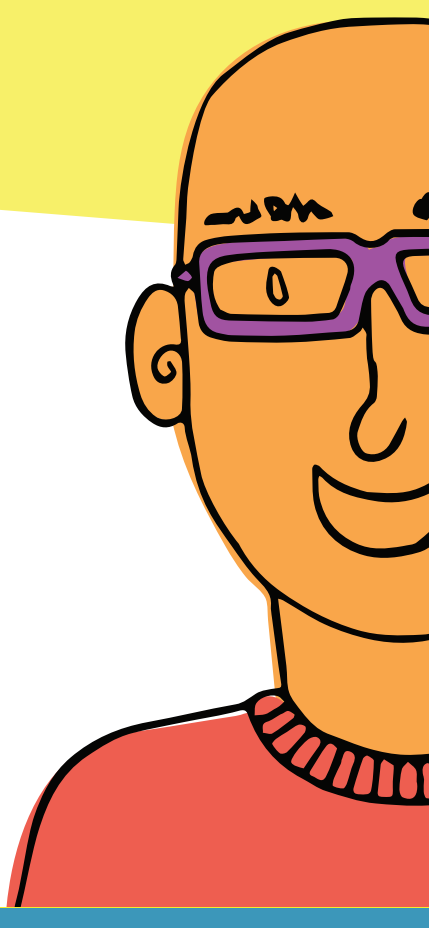
> You have more friends under the age of 10 than over.
>
> NANCY, SOUTH DAKOTA

> You randomly push in chairs no matter where you are.
>
> JENNIFER, MASSACHUSETTS

YOUR SPOUSES ARE YOUR "AT-HOME" KIDS



- ☑ They have been asked if they've used the potty.
- ☑ They have been told to use their indoor voices.
- ☑ They have been threatened with time out.
- ☑ They have had their shoelaces tied for them.



TIPS FOR CREATING A WORK/LIFE BALANCE

#1

MAXIMIZE YOUR PRIME TIME:

Whenever you feel you do your best work, morning, mid-day, or at night, maximize that time.

#2

SET WORKING HOURS:

As much as possible, try to set professional working hours for yourself. Allot yourself 1-2 hours before school and/or 1-2 hours after school to get important tasks completed. This will help you avoid bringing lots of work home with you.

#3

ASSIGN YOUR TIME:

When you finally have some quiet time to get work done, do you find yourself without direction? Assign each day a focused task. For example, Monday: grading, Wednesday: copies for the next week, Thursday: lesson plans for the next week, etc.

#4

THE POWER OF NO:

Continuing to stretch yourself thin won't help you, your students, your family, or your co-workers. It's time to let go of the guilt! Of course, you can't avoid every obligation, but you can learn to pick and choose the ones that really matter.

Continental
inspire every learner

Sources: Sara Bubb, Department of Early Years and Primary Education
Noelle Pickering, maneuveringthemiddle.com