

Practices for Educator Wellness and Longevity in Special Education

Think, Pair, Share

At your tables, discuss how each of you define teacher well-being.

Research Suggests Special Educator Well-being is...

Objective- external factors
ie: working conditions, additional
duties, lack of administrative support,
poor pay

Subjective- internal factors
ie: happiness, satisfaction, success

How does this compare to your
definition(s)?

At our Tipping Point

- Covid-19
- Time spent coaching general education teachers through content or strategies for students who qualify for special education
- Covering classrooms that are short staffed
- Not enough time to do paperwork
- Constantly changing special education guidelines
- Called on to deal with emotional and unexpected behavior of students in special education

Achieving a High Degree of Well-Being

- Do not be ashamed
- When was the last time you asked for help?
- Balance Buddies
- STOP Being Accessible 24/7
- Task Prioritization
 - Documentation Drives Decisions
 - High Leverage Practices
- Remember your why daily
- Training on how to have difficult conversations



EXPLORE HLPS

FIND RESOURCES

ACCESS VIDEOS

EVENTS

High-Leverage Practices for Students with Disabilities (2nd Edition)

High-Leverage Practices (HLPs) are a deceptively simple concept in the field of education. On the one hand, it is amazing to have a list of key practices that all teachers can learn and be able to implement when teaching students of all backgrounds and ability levels, including those with disabilities. On the other, teaching is rarely simple, and there is critical nuance within the HLPs to understand and master along the path towards supporting positive academic



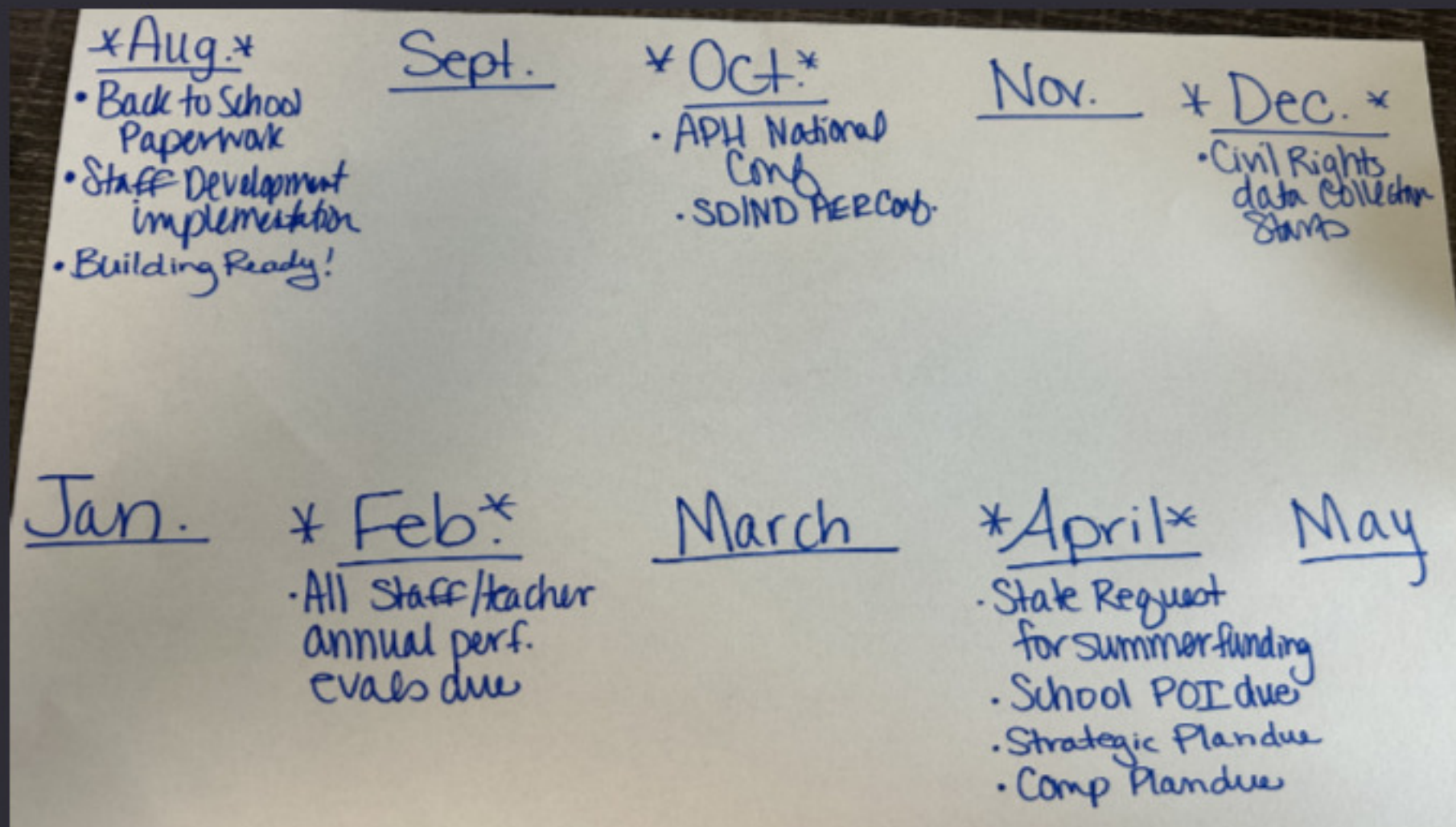
<https://highleveragepractices.org/>

In this revised text, the *High-Leverage Practices for Students with Disabilities (2nd Edition)* are revised and updated to reflect the challenges of modern classrooms.



Emotional Calendars

- Help you become more aware of emotional cycles
- Help in preparing proactive strategies to decrease feelings of stress during those emotional times.



Activity

Create an emotional calendar

- Jot down the months August-May
- When do you feel most stressed and burned out? What is happening during those times?

Crucial Conversations

A problem well stated is a problem half solved.
- Charles Kettering

- Choose your topic
 - If not addressing the right issue, no progress will be made
- Three levels of conversations
 - **C**ontent
 - **P**attern
 - **R**elationship

Script & Apply

Using your emotional calendar or another issue you are experiencing at work...

1. Write a brief script of the problem and one solution.
2. Practice giving your "talk" to a neighbor.
3. Reflect
 - How did you feel emotionally talking to your partner?
 - Did you select the right topic?

Review

- Well- being is possible!
- Remember your "Why"
- Set boundries & have an accountability buddy help you stick to it
- You can have difficult conversations

References

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