

Burnout & Breakdown in the Teaching Life



The Garden At Night Burnout And Breakdown In The Teaching Life

Rebecca Pope-Ruark



The Garden At Night Burnout And Breakdown In The Teaching Life:

The Garden at Night Mary Rose O'Reilley, 2005 Whether you're a beginning teacher trying to sustain your idealism or an experienced professional courting burnout take a deep breath and read this book *Unraveling Faculty Burnout* Rebecca Pope-Ruark, 2022-09-20 A timely book about assessing coping with and mitigating burnout in higher education Faculty often talk about how busy overwhelmed and stressed they are These qualities are seen as badges of honor in a capitalist culture that values productivity above all else But for many women in higher education exhaustion and stress go far deeper than end of the semester malaise Burnout a mental health syndrome caused by chronic workplace stress is endemic to higher education in a patriarchal productivity obsessed culture In this unique book for women in higher education Rebecca Pope Ruark PhD draws from her own burnout experience as well as collected stories of faculty in various roles and career stages interviews with coaches and educational developers and extensive secondary research to address and mitigate burnout Pope Ruark lays out four pillars of burnout resilience for faculty members purpose compassion connection and balance Each chapter contains relatable stories reflective opportunities and exercises and advice from women in higher education Blending memoir key research and reflection opportunities Pope Ruark helps faculty not only address burnout personally but also use the tools in this book to eradicate the systemic conditions that cause it in the first place As burnout becomes more visible we can destigmatize it by acknowledging that women are not unraveling instead women in higher education are reckoning with the productivity cult embedded in our institutions recognizing how it shapes their understanding and approach to faculty work and learning how they can remedy it for themselves their peers and women faculty in the future Contributors Lee Skallerup Bessette Cynthia Ganote Emily O Gravett Hillary Hutchinson Tiffany D Johnson Bridget Lepore Jennifer Marlow Sharon Michler Marie Moeller Valerie Murrenus Pilmaier Catherine Ross Kristi Rudenga Katherine Segal Kryss Shane Jennifer Snodgrass Lindsay Steiner Kristi Verbeke *Transforming Literacy: Changing Lives Through Reading and Writing* Robert P. Waxler, Maureen P. Hall, 2011-05-11 The book is interdisciplinary in focus and centers on enlarging teachers understanding of how reading and writing can change lives and how the language arts can contribute significantly to and change educational processes in the twenty first century Implicit in its argument is that although the emphasis on science and math is crucial to education in the digital age it remains vitally important to keep reading and writing language and story at the heart of the educational process This is particularly true in a democratic society because shaping stories through human language can enhance the quality of our lives and teach us something important about what it means to be human and vulnerable In this sense stories allow for self reflection and an increased opportunity to enhance and understand emotional intelligence and human community **The Pen and the Bell** Brenda Miller, Holly J. Hughes, 2012 *The Nurturing Teacher* Kjersti VanSlyke-Briggs, 2010-02-16 The Nurturing Teacher tackles the concerns of stressed teachers Whether from nurturance suffering stress related to caring for students or from the piles of paperwork yet to be tackled this

text helps the reader sort through the causes of stress the emotional physical and social reactions to stress and how one can begin to plan a stress management plan The book includes a historical overview of feminist education the perception of caring teachers in the media and a look at emotional labor and the impact on the teacher Landmark Essays on Writing Program Administration Kelly Ritter,MELISSA IANETTA,2024-11-01 Leading with the provocative observation that writing programs administration lacks an established set of texts that provides a baseline of shared knowledge in which to root our ongoing conversations and with which to welcome newcomers Landmark Essays on Writing Program Administration focuses on WPA identity to propose one such grouping of texts This Landmark volume is the cornerstone resource for new Writing Program Administrators and graduate students seeking an ever important overview of the literature on Writing Program Administration Drawing broadly across scholarship in writing programs and writing centers Ritter and Ianetta work to historicize theorize and problematize the ever shifting answers offered to the question Who or what is a WPA **Engaged Teaching in Theology and Religion** Renee K. Harrison,Jennie S. Knight,2015-10-21 This book guides scholars and teachers of theology and religion through a process of self reflection that leads to intentional transformative teaching dialogue and reform in theological education and religious studies **Teach & Thrive** Kristina Valtierra,2016-07-01 Teacher burn out contributes to the epidemic of early career exit At least half of all new K 12 teachers leave the profession by the time they reach their fifth year of teaching Conversely there are urban teachers who survive burn out and thrive as career long educators This book results from an in depth qualitative study that explored one 40 year veteran teacher s career narrative analyzing how she not only survived the burn out epidemic but also thrived as a highly effective career long urban teacher Part 1 of this book uses a critical socio political lens is used to guide readers through the complexities of career thrival Framed within the story of one new urban teacher s typical morning the book begins with an overview of the socio political forces that lead to urban teacher burn out In spite of the obstacles the more hopeful idea of urban teacher thrival is uncovered through narrative methodology Part 2 is dedicated to the dynamic narrative of a veteran urban teacher career journey This inspiring story is related to frameworks established in Part 1 as well as painting a picture of how public education has evolved over the last 40 years and it s impact on the lives of teachers Part 3 takes a deeper dive into three salient themes that permeated throughout the participant s story First hope springs eternal is the idea that sustaining hope supported the teacher s career thrival Next the extended education family is the notion that familial like relationships at school nourished her longevity The third theme creative autonomy reveals that by being empowered with opportunities for curriculum development and instructional decision making the teacher maintained her passion This book concludes with recommendations for teachers educational leaders and teacher educators to develop and maintain thriving teachers

Teach from the Heart Jenell Paris,2016-06-24 How can a teacher remain whole and happy able to teach well for an entire semester an entire year and an entire career Teach from the Heart is about finding rediscovering or holding on to the

heart of the teaching life which is quite literally the teacher's heart. It is an encouragement to take up teaching as more than a service to provide a profession to master or a job to perform. It is an invitation to artisanry teaching as a craft that we master by working with our hands over long periods of time producing results that bear the mark of their maker. Whether you're just beginning or in it for the long haul sit down with *Teach from the Heart* and deepen your heart for the teaching life. We need not bring to class the wisdom and knowledge we gained elsewhere; we can take up teaching as a spiritual practice with the classroom as a sacred space for our own formation as persons. With nearly forty years' experience as both student and teacher, Jenell Paris's perspective is hard won but still lighthearted and enthusiastic. Teachers from any context will benefit. Stories and examples include preschool, K-12, community education, and college teaching.

Critical Expressivism Tara Roeder, Roseanne Gatto, 2015-04-15. Critical Expressivism is an ambitious attempt to reappropriate intellectual territory that has more often been charted by its detractors than by its proponents. Indeed, as Peter Elbow observes in his contribution to this volume, "As far as I can tell, the term *expressivism* was coined and used only by people who wanted a word for people they disapproved of and wanted to discredit." The editors and contributors to this collection invite readers to join them in a new conversation, one informed by a belief that the term *expressivism* continues to have a vitally important function in our field.

Steal This Classroom Anne Dalke, Jody Cohen, 2019. Jody Cohen and Anne Dalke construe classrooms as testing grounds, paradoxically boxed in spaces that cannot keep their promise to enclose, categorize, or name. Exploring what is usually left out can create conditions ripe for breaking through where real and abstract reverse and melt the distinction between them, disappearing. These are ecotones, transitional spaces that are testing grounds, places of danger and opportunity. In college classrooms, an urban high school, a public library, a playground, and a women's prison, Anne and Jody share scenes where teaching and learning take them by surprise; these are moments of uncertainty, sometimes constructed as failure. Digging into and exploding such moments reveals that they might be results of institutional pressures, socioeconomic and other diversities not acknowledged but operating and entangling individuals and ideas. Classrooms are sometimes stolen by the complex systems surrounding and permeating the activities that take place there. Jody and Anne explore ways to steal them back. Examining what is hidden but present in such moments can turn them into breakthroughs, powerful learning for educators and students, revealing how failure itself might not be what it seems. Moving back and forth between micro and macro in a continual interplay across individuals, groups, and institutions, and organizing their experiences and philosophies of teaching under the rubrics of *Playing*, *Haunting*, *Silencing*, *Unbecoming*, *Leaking*, *Befriending*, *Slipping*, and *Reassembling*, Anne and Jody try out alternative tales, exploring a pedagogical orientation that is ecological in the largest sense, engaging teachers and students in rethinking learning and teaching in classrooms and in their larger lives as complex, enmeshed, volatile, eco-systems. Jody and Anne weave through their own voices, those of students and colleagues, demonstrating the complex playfulness of collaborative and transdisciplinary forms of teaching and learning. Not solving the contradictions but

abstracting from the immediate they offer a dialogue telling hard stories and funny ones involving others stories in response demonstrating the complex playfulness of collaborative and transdisciplinary work They make concrete suggestions about how academic and other structures might open up they also remain porous and interactive inviting reader participants to join in transfiguring what spaces of teaching and learning are and can be and do For nearly two decades Anne Dalke and Jody Cohen were colleagues at Bryn Mawr College where they co wrote and co taught cross disciplinary classes on campus and worked with a number of their students to establish a reading and writing program in a local women s jail Now Jody teaches Language Arts at YouthBuild Philadelphia a school for young people who have been out of school Her students write about experiences in their homes and communities about education and the criminal justice system and about making change in their own lives and in the world An education researcher and activist Jody writes about community based engagement with education policy and practice Anne now volunteers with The Petey Greene Program The Inside Out Prison Exchange Program and Let s Circle Up a Restorative Justice project She works with readers and writers in Philadelphia county jails and Pennsylvania state prisons where they search for personal political and transformational responses to their shared questions about accountability and equity A prison abolitionist and Quaker with a particular interest in resistant teaching practices Anne is the author of *Teaching to Learn Learning to Teach Meditations on the Classroom* Peter Lang 2002 and co editor with Barbara Dixon of *Minding the Light Essays in Friendly Pedagogy* Peter Lang 2004 [Exploring the Old Testament](#) Ernest C. Lucas, 2016-08-01 Ernest C Lucas provides an informed illuminating and interactive introduction to the ancient background the literary artistry and the varied and timeless messages of the Psalms and Wisdom literature [Navigating Through the Storm](#) Aharon Aviram, 2010-01-01 This book aims to systematically tackle the most severe crisis to ever beset Western education systems which stems from the growing clash between the Platonic modern civilization still very much at the core of prevailing education systems and the postmodern civilization which has become dominant in Western societies in the last generations The book counters this crisis by radically and systematically rethinking education for postmodern democracies beginning by comprehensively analyzing the main features of current postmodern storms along with their engulfing socio cultural and educational implications and proceeding to offer a theoretical and practical blueprint designed to harness these storms for optimally realizing the basic Humanistic values that should guide education in liberal democracies personal autonomy morality and dialogical belonging **The Activist WPA** Linda Adler-Kassner, 2008-04-10 One wonders if there is any academic field that doesn t suffer from the way it is portrayed by the media by politicians by pundits and other publics How well scholars in a discipline articulate their own definition can influence not only issues of image but the very success of the discipline in serving students and its other constituencies The Activist WPA is an effort to address this range of issues for the field of English composition in the age of the Spellings Commission and the No Child Left Behind Act Drawing on recent developments in framing theory and the resurgent traditions of progressive organizers Linda

Adler Kassner calls upon composition teachers and administrators to develop strategic programs of collective action that do justice to composition's best principles. Adler Kassner argues that the story of college composition can be changed only when writing scholars bring the wonders down to articulate a theory framework that is pragmatic and intelligible to those outside the field and then create messages that reference that framework. In *The Activist WPA* she makes a case for developing a more integrated vision of outreach English education and writing program administration.

Transformative Researchers and Educators for Democracy João M. Paraskeva, Thad LaVallee, 2015-02-27

The 2012 Critical Transformative Educational Leadership and Policy Annual Conference hosted by the University of Massachusetts Dartmouth met head on with issues of neoliberalism, educational democracy, cultural politics, public education, and seeing teachers and administrators as critical transformational leaders. This book is a collection of the highlights of that conference that addresses these arenas of debate from the presentations of Deborah Meier, Ken Saltman, Clyde Barrow, and Joao Rosa among others to the works of emerging academics and intellectuals in the field of education. The book to serve as an antidote to such ill-informed thinking before it becomes a part of the cultural commonsense much the way the manufactured realities of high stakes testing, standardization, and police-guarded schools have become normative. It is urgent to learn to accurately read reality in a world in which language and discourse are being resignified to confuse people and turn reality into a board game, a world which large corporations and global financial powers play the role of the old mythological gods, creators of dogmas and flamboyant realities that they want us to submit and worship. This volume is an outcome of an important political, critical, transformative pedagogical project that challenges the lethal consequences of the impact of neoliberal policies in education. We need to welcome Paraskeva and LaVallee's contribution since it offers a crucial tool to help us articulate accurately a critical diagnosis as well as solutions for a more just and democratic public education that cultivates humanity.

Jurjo Torres, Santom University of Corunha, Spain

This new collection *Transformative Researchers and Educators for Democracy* Dartmouth Dialogues is one of the most impressive outcomes of a critical transformative program at the University of Massachusetts Dartmouth. João M. Paraskeva and Thad LaVallee provide their readers with a careful selection of chapters that explore the idea of critical and transformative leadership for a democratic conception of education, focusing on a range of related themes in understanding the dimensions of cultural and organizational change. A crucial volume focusing on aspects of the critique of neoliberal globalization in education and a needed book that insightfully combines critique and robust analysis with a utopian and positive agenda for critical transformation.

Michael A. Peters, University of Waikato, NZ and University of Illinois Urbana Champaign, USA

This edited volume is the result of an amazing critical transformative program in educational leadership and policy studies chaired by João M. Paraskeva. Paraskeva and LaVallee produced an important contribution to a timely topic that provides clear evidence that the free market model of education is not a hope for good public education. This book is not only important to US educators but it is really crucial for educators all over the world. What is analyzed in this book is taking

place in Europe Asia Latin America Africa and the Middle East Alvaro Moreira Hypolito University Federal de Pelotas Brasil

Digital Geographies—Theory, Space, and Communities Abdul Shaban, 2025-01-02 This machine generated volume with chapter introductions by the human expert showcases how digital technologies are having deep transformative impacts on geographies and temporalities of social political economic and personal lives They are altering perceptions and physicality of space and time They are giving birth to digital communities and societies where distance remains of little significance Virtual spaces and ICT have disrupted state sovereignties often liquidating their physical national boundaries The rise of the digital economy shows that new important raw materials for the future are information rather than coal oil and minerals

Digitalisation is also leading to several contradictory processes of democratisation rising welfare of the citizens as well as surveillance peripheralisation and exclusion States are taking pride in digitalising their services to the citizens with massive consequences on the welfare of those facing digital divides As a departure to and in addition to the usual understanding of digitalisation society and space the present volume engages with some of the critical questions while reviewing existing literature What are the space relations of digital technologies What are the forms and consequences of changing physical space human relations to digital space human relations How is the sense of time and space changing with pervasive performatives of in real time and virtual realities or with perceptible or portable spaces In what ways does digitalisation relate to knowledge and power Why and how must we theorise the digitalisation led transformative processes of sociality materiality and their spatialities The book will be useful for teachers researchers and students engaged in this new area of digital geography especially in social science and its subfields of sociology economics political sciences anthropology psychology development studies policy studies social work urban studies and planning For the full picture the volume can be read in combination with its companion volume on Digital Geographies Urbanisation Economy and Modelling **Old**

Testament Wisdom Literature Craig G. Bartholomew, Ryan P. O'Dowd, 2014-06-04 Craig G Bartholomew and Ryan P O Dowd provide an informed introduction to the Old Testament wisdom books Proverbs Ecclesiastes and Job More than an introduction however this is a thoughtful consideration of the hermeneutical implications of this literature **Spiritual,**

Philosophical, and Psychotherapeutic Engagements of Meaning and Service Katherine Harper, Thomas St. James O'Connor, Daniel Maoz, 2024-04-08 The editors of this critical volume have compiled a rich group of authors comprised of professors psychotherapists counselling practitioners and doctoral students to address society's struggle to find meaning A rich classroom resource this book is a particularly important contribution to the Academy given our current lived experience in research and also for personal reflection Still in the throes of recovering from the COVID 19 pandemic economic challenges environmental disasters and conflicts in various places in our world to name only a few of our current challenges the search for meaning and purpose has become an important pursuit for many Many people today are looking for an often elusive more This book poses numerous questions reflecting a variety of perspectives on the connections between meaning

and service These diverse perspectives offer readers points of engagement in their own pursuit of integrating meaning and service in their own personal and professional life **Interdisciplinary Literary Studies** ,2007 **The Catholic Periodical and Literature Index** ,2006

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