

1. Record Nr.	UNINA9910151592603321
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Titolo	The essential guide to managing teacher stress : practical skills for teachers / / Bill Rogers
Pubbl/distr/stampa	Harlow, England ; ; New York, New York : , : Pearson Longman, , [2012]
ISBN	1-283-73396-X 1-4082-6237-1
Edizione	[Second edition.]
Descrizione fisica	1 online resource (xvii, 236 p.)
Disciplina	371.10019
Soggetti	School management and organization Teachers - Job stress
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"Practical skills for teachers"--Cover page.
Nota di bibliografia	Includes bibliographical references (pages [221]-227) and index.
Nota di contenuto	Introduction Chapter 1 The dimensions of teacher stress Chapter 2 The physiology of stress: what it does to us Chapter 3 A lesson in London: stress in the classroom Chapter 4 Beliefs, emotions, stress and our daily reality Chapter 5 Anxiety and worry Chapter 6 Anger: beyond frustration Chapter 7 A behaviour management and discipline plan at the classroom level Part A - Key elements, practices and skills Part B - Balancing skills and practices Chapter 8 Difficult and challenging students: follow-up and support Chapter 9 Hard-to-manage classes: a collegial response Chapter 10 Mentoring support for professional development in behaviour leadership Chapter 11 Colleague support: auditing for stress and supporting each other Appendices
Sommario/riassunto	Offering practical solutions to those facing problems in the classroom, this book emphasises the necessity for, and proven advantages of, a peer support as part of a whole-school approach to issues such as stress management, discipline and curriculum.