

1. Record Nr.	UNINA9910795914303321
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Titolo	The teacher's journey : the human dimensions // Jeffrey A. Kottler, Ellen Kottler
Pubbl/distr/stampa	Thousand Oaks, Calif. : , : Corwin Press, , 2013
ISBN	1-4522-8413-X 1-4522-7958-6
Descrizione fisica	1 online resource (xi, 171 pages)
Collana	Gale eBooks
Disciplina	371.102
Soggetti	Teaching Teachers - Conduct of life
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	<p>""C ""; ""Contents ""; ""Acknowledgments ""; ""About the Authors ""; ""Chapter 1 - The Journey of a Teacher: Rewards, Challenges, and Phases ""; ""The Joys of Teaching ""; ""Tests of Commitment ""; ""Life Cycle of a Career Teacher ""; ""Final Reflection""; ""Activities and Applications ""; ""Chapter 2 - Human Dimensions of Teaching ""; ""Neglect of the Human Dimensions of Teaching ""; ""Attributes of a Great Teacher""; ""Becoming More Personally Effective""; ""Activities and Applications""; ""Chapter 3 - Obstacles and Enhancements to Learning ""; ""Learning Versus Schooling ""</p> <p>""Window Into a Classroom """"How People Learn""; ""Activities and Applications""; ""Chapter 4 - Helping Relationships""; ""Students' Perceptions of Caring Relationships ""; ""Human Dimensions of Helping Relationships ""; ""Improving Relationship Skills""; ""The Helping Process ""; ""Relationships in a Teacher's Life ""; ""Activities and Applications""; ""Chapter 5 - Mentoring and Being Mentored""; ""Asking for Help ""; ""The Value of Support ""; ""Building the Relationship""; ""Facilitating Professional Growth ""; ""Activities and Applications ""</p> <p>""Chapter 6 - Working Within Student Cultures""""Cultural Adaptability""; ""When Cultures Come Together ""; ""Becoming a More Culturally Responsive Teacher""; ""Activities and Applications ""; ""Chapter 7 - Students Who Drive You Crazy ""; ""At a Loss About What to Do ""; ""Profiles of Students Who Are Difficult""; ""Understanding</p>

Behavior"; "Protecting Yourself"; "Activities and Applications";
"Chapter 8 - Stress in a Teacher's Life"; "Sources of Stress";
"Window Into a Classroom"; "Examining the Challenges"; "Strategies
for Reducing Stress"
"Activities and Applications" "Chapter 9 - Self-Care: Avoiding Burnout
and Rustout"; "An Occupational Hazard"; "Window Into a Classroom
"; "Causes of Burnout"; "Stress Management and Self-Care
Strategies"; "Activities and Applications"; "Chapter 10 - Reflective
Practice"; "On Being a Reflective Person"; "On Becoming a Reflective
Professional"; "How Failure Helps"; "Reflection as Regular Practice";
"Activities and Applications"; "Chapter 11 - Being Passionately
Committed"; "Thriving in the Profession"; "Onward"; "Activities and
Applications"
"References" "Index"

Sommario/riassunto

Make every day of your teaching count! How many times have you wished your teaching degree came with a handbook? Whether you're a new teacher or a veteran looking for new ideas, best-selling authors Jeffery and Ellen Kottler have crafted a guidebook to navigating the journey ahead. You'll discover how to:

- Motivate disengaged students through solid interpersonal connection
- Communicate effectively with parents, counselors, and administrators
- Advance your professional growth through increased school and district involvement
- Understand your teaching self more deeply through reflecti
