

1. Record Nr.	UNINA9910793206903321
Autore	Nagel Paula (Educational psychologist)
Titolo	The mental health and wellbeing workout for teens : skills and exercises from ACT and CBT for healthy thinking / / Paula Nagel
Pubbl/distr/stampa	London ; ; Philadelphia : , : Jessica Kingsley Publishers, , 2019
ISBN	1-78450-753-9
Descrizione fisica	1 online resource (162 pages)
Disciplina	613/.0433
Soggetti	Health behavior in adolescence Teenagers - Health and hygiene Acceptance and commitment therapy Cognitive therapy for teenagers
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Part 1: 1. Helpful and unhelpful thinking (aka best friend and frenemy thoughts) -- 2. Unhelpful thoughts in action (Marc's miserable morning) -- 3. Stretch and flex-ercises -- Part 2: 4. Social comparison (aka The self-hater) -- 5. Catastrophising (aka But what if...) -- 6. Black-and-white thinking (aka All-or-nothing thinking) -- 7. Negative filtering (aka Looking through gloomy goggles) -- 8. Perfectionism (aka Unreal ideal) -- 9. Personalisation (aka Over-owning it) -- 10. Mind reading (aka Filling in the blanks) -- 11. Emotional reasoning (aka Feelings rule, Okay!) -- 12. Living the life YOU want to lead.
Sommario/riassunto	This easy-to-understand, engaging guide arms teens with healthy thinking habits and coping strategies for staying on top of their mental health. Using tried and tested therapeutic techniques, readers are given the tools to build their own personalised mental health 'workout' to boost their emotional resilience and wellbeing. Informed by the experiences of teens themselves, this friendly guide gives practical tips and strategies on how to overcome everyday stresses and ditch negative thinking 'frenemies' before they develop into more serious issues. Teens will be better equipped to recognise negative thoughts and emotions, monitor their mood and behaviour, and flex their positive thinking muscles in order to combat the mental health blips we

all face sometimes.

2. Record Nr.	UNINA9910797311403321
Autore	Blase Jo Roberts
Titolo	Handbook of instructional leadership : how successful principals promote teaching and learning / / Jo Blase, Joseph Blase ; acquisitions editor Robert D. Clouse ; copy editor Jackie Tasch ; cover designer Michael Dubowe
Pubbl/distr/stampa	Thousand Oaks, California : , : Corwin Press, , 2004 ©2004
ISBN	1-4833-6021-0 1-4833-6240-X
Edizione	[Second edition.]
Descrizione fisica	1 online resource (249 p.)
Disciplina	371.203
Soggetti	School supervision - United States Educational leadership - United States
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	""Cover""; ""Contents""; ""Foreword""; ""Preface""; ""Acknowledgments""; ""About the Authors""; ""Dedication""; ""Part I - The Art and Science of Instructional Leadership""; ""Chapter 1 - The Craft of Teacher Supervision""; ""Our Study""; ""The Instructional Supervision Legacy: From Control to Collaboration""; ""Research on Instructional Supervision""; ""Current Issues in the Field""; ""Chapter 2 - The Conference: Heart of Instructional Supervision""; ""Successful Approaches""; ""Research on Instructional Conferences""; ""Our Findings""; ""Summary"" ""Chapter 3 - Staff Development: Promoting Professional Growth"" Research on Teaching and Learning""; ""How Do Teachers Learn? Principles That Shape Staff Development""; ""Our Findings: The Lifelong Study of Teaching and Learning""; ""PSSSSST! Redesign""; ""Tips for Leaders""; ""Summary""; ""Chapter 4 - Reflection: Encouraging Critical Study""; ""The Need for Reflective Practice""; ""Related Research and the

Development of Frameworks for Reflective Thinking"; "Approaches to Reflective Supervision"; "Our Study: Characteristics of Teacher Reflection"

"Principal Behaviors Fostering Reflection in Teachers and the Benefits to Teachers"; "Cognitive Coaching: Bridge to Reflection"; "Encouraging Reflection: Helpful Reminders"; "Portrait of a Facilitator for Reflective Practice"; "Part II - How Supervisorsa€™ Behaviorsa€™Positive and Negativea€™Affect Teachers"; "Chapter 5 - Being Visible Versus Interrupting and Abandoning"; "Visibility by Wandering around"; "Interruption of Class Instruction"; "Abandonment"; "Chapter 6 - Praising Versus Criticizing"; "Praise"; "Criticism: More about Control"; "Chapter 9 - Instructional Leadership: A Bridge to the Development of a Professional Learning Community"; "Reculturing for a Professional Learning Community"; "Professional Learning Communities: Findings from Research"; "Suggestions for Expanding Successful Instructional Leadership to Develop a Professional Learning Community"; "Everyone an Academic Leader"; "More to Learn: A Final Word"; "Resource: Research Method and Procedures"; "References"; "Index"
