

1. Record Nr.	UNINA9910480440703321
Titolo	A psychiatrist's guide to advocacy / / edited by Mary C. Vance [and three others]
Pubbl/distr/stampa	Washington, DC : , : American Psychiatric Association Publishing, , [2020] ©2020
ISBN	1-61537-311-X
Edizione	[First edition.]
Descrizione fisica	1 online resource (460 pages)
Disciplina	362.20973
Soggetti	Mental health services - United States Patient advocacy - United States Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.

2. Record Nr.	UNINA9910818257503321
Autore	Carter Nichole
Titolo	Creative journaling for teachers : a visual approach to declutter thoughts, manage time and boost productivity / / Nichole Carter
Pubbl/distr/stampa	Portland, Oregon : , : International Society for Technology in Education, , [2022] ©2022
ISBN	1-56484-953-8 1-56484-954-6
Edizione	[First edition.]
Descrizione fisica	1 online resource (xiii, 150 pages) : color illustrations
Collana	Gale eBooks
Disciplina	371.144
Soggetti	Reflective teaching Lesson planning Teachers - Time management Teachers - Job stress Teachers - Mental health Electronic books.
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	How creativity and reflection lead to productivity -- Goal setting -- Time management -- Developing a system that works for you -- Journaling strategies for managing mental health -- Conclusion.
Sommario/riassunto	"We are living in an age when "hustle" and "grind" are part of our daily lives. While teachers are expected to stay on top of their lengthy to-do list, the demands on them are greater than ever. How can we provide the tools teachers and, by extension, their students need to declutter thoughts, manage time better, and remain focused and productive? With her approachable style, educator and trainer Nichole Carter demonstrates how unlocking the creative brain can help improve mental health and problem-solving ability, as well as lead to better self-awareness and time management. Filled with the author's original illustrations, the book shares ideas and techniques for developing an effective, personalized system to improve productivity and address teacher burnout. The book can also help teachers help students -

particularly those in older grades - prioritize and think through their thoughts, goals and actions to be more productive learners. Throughout the book, readers will be presented with challenges and "try this" moments that will encourage them to write in the book and reflect"--
