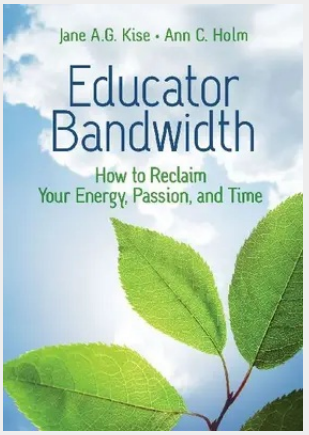
ASCD

Educator Bandwidth

How to Reclaim Your Energy, Passion, and Time



It's time to make your mental bandwidth work for you. Being an educator is more stressful than ever, and teachers and administrators must constantly shift gears to stay on top of the newest initiatives and students' ever-changing needs. Educator Bandwidth: How to Reclaim Your Energy, Passion, and Time provides the tools and strategies to reduce stress, avoid burnout, and regain the time that gets lost to interruptions, temptations, competing demands, and task-switching. The first step is to understand how much stress is weighing on your own mental bandwidth. Professional development experts Jane A. G. Kise and Ann Holm have developed the Brain Energy and Bandwidth Survey to help you self-assess the six key factors that contribute to bandwidth: Balance between priorities Filtering through possibilities Mental habits that improve focus Physical habits that fuel the brain Connection with others Workload and time management Kise and Holm combine the latest neuroscience research with their own extensive experience working with educators to bring the most effective strategies and habits that help you manage your mental bandwidth and prioritize drains on mental energy. When you can establish good habits, focus on what's possible within your locus of control, and balance priorities, you can improve your educator bandwidth and feel more engaged, centered, and effective in your work.

It's time to make your mental bandwidth work for you. Being an educator is more stressful than ever, and teachers and administrators must constantly shift gears to stay on top of the newest initiatives and students' ever-changing needs. Educator Bandwidth: How to Reclaim Your Energy, Passion, and Time provides the tools and strategies to reduce stress, avoid burnout, and regain the time that gets lost to interruptions, temptations, competing demands, and task-switching.The first step is to understand how much stress is weighing on your own mental bandwidth. Professional development experts Jane A. G. Kise and Ann Holm have developed the Brain Energy and Bandwidth Survey to help you self-assess the six key factors that contribute to bandwidth: * Balance between priorities* Filtering through possibilities* Mental habits that improve focus* Physical habits that fuel the brain* Connection with others* Workload and time managementKise and Holm combine the latest neuroscience research with their own extensive experience working with educators to bring the most effective strategies and habits that help you manage your mental bandwidth and prioritize drains on mental energy. When you can establish good habits, focus on what's possible within your locus of control, and balance priorities, you can improve your educator bandwidth and feel more engaged, centered, and effective in your work.

31,60 €
31,60 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781416631132
Medium: Buch
ISBN: 978-1-4166-3113-2
Verlag: ASCD
Erscheinungstermin: 15.07.2022
Sprache(n): Englisch
Auflage: Erscheinungsjahr 2022
Produktform: Kartoniert
Gewicht: 380 g
Seiten: 277
Format (B x H): 178 x 254 mm

Kundenservice Verlag Dr. Otto Schmidt KG
Neumannstraße 10, 40235 Düsseldorf | kundenservice@otto-schmidt.de | 0221-93738-997 (Inland)