



Welcome to
***Managing Work Life Balance
and Thriving as a New
Educator***

Webinar Ground Rules...

- Phone lines will be muted during the meeting/webinar. We will get started at 8pm EST
- Use Chat to submit questions while the presenters are sharing or Press *3 on your phone to ask a question live
- Thank you for your professionalism and patience with the virtual meeting process!

Meghan Flaherty

Tampa,
Florida

- Graduate of the University of South Florida, B.S 2017
- 2nd Year teacher in Hillsborough County Public Schools
 - Year 1: 4th Grade ELA
 - Year 2: 5th Grade ELA
- HCTA Building Representative 2018
- Florida's Young Remarkable Educators' member

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It's okay...

Trust me when I say, it's OKAY if the papers don't get graded, homework copies don't get made, and whether or not you leave your classroom a mess.

Being an educator is mentally, emotionally, and often times physically demanding. You do not have to be the "Yes Man" on campus.

Years 1 - 5 are about growing as an educator and doing what is best for yourself and the success of the students in your classroom.

Tips

- Find a buddy that you can go to for all those “silly” questions you might have- They have been in your shoes!
 - My buddy was assigned to me during pre-planning from my admin.
- Make a specific Weekly ‘To-Do’ list: copies, Grading, Filing.
 - Every Tuesday I make the upcoming week’s copies
- Utilize a Planner to organize your lessons, meetings, trainings, and commitments.
 - I use an Erin Condren Lesson Planner,
- Set boundaries. Don’t stay at school until 6pm trying to “catch up” or organize. Spend your time on yourself.
 - I arrive 25 minutes before and leave at the contracted end of day. (6:45-3:10)



Jake Smulkowski

- Post Falls, Idaho
- 10 years in teaching: 2nd, 4th, 5th grade
- Currently: 4th/5th grade combo class of gifted and talented students
- President, Post Falls Education Association
- Board of Directors, Trainer, IGNITE Committee, Idaho Education Association
- Father, husband, political activist, woodworker, gardener, outdoorsman



LIFE IS
ABOUT BALANCE.
BE KIND,
BUT DON'T LET
PEOPLE ABUSE YOU.
TRUST, BUT DON'T
BE DECEIVED.
BE CONTENT,
BUT NEVER STOP
IMPROVING YOURSELF.

Balance

- ▶ Treat yourself with **grace** and **patience**.
- ▶ Strive for **balance** in your life.
 - ▶ Recognize that if you give 100% to one thing, it will be to the detriment of others.
- ▶ Find ways to foster **quality time and relationships**.

Questions



Helen Casto

- ▶ 6th year teacher (Sub, PK, K)
- ▶ Currently teaching: Kindergarten
 - ▶ Kinder “gardener”
 - ▶ Cooperative Culture Solutions Team Leader
- ▶ Ohio’s New Educators
 - ▶ Advisory Council
 - ▶ Member Ambassador



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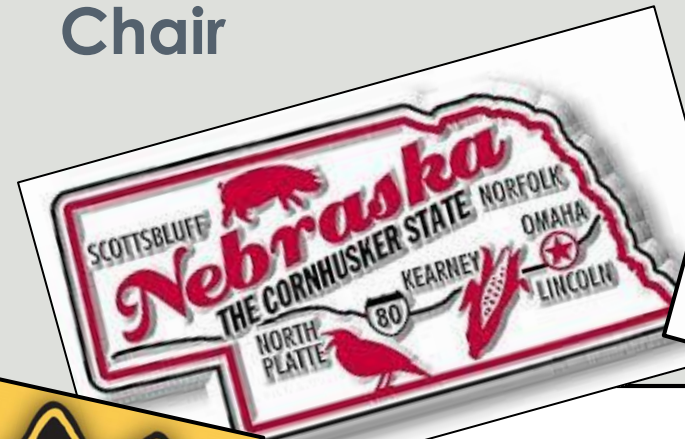
Tips for New Educators

- ▶ Don't sweat the small stuff!
 - ▶ They will learn something no matter what.
 - ▶ Students will always remember how you made them feel.
- ▶ Do everything you can to connect and network right away!!
 - ▶ Teaching is hard! Don't keep it bottled up. Share it with someone.
 - ▶ See a free professional development or event for teachers? GO!!!
 - ▶ Meet people going through the same things.
 - ▶ Get free stuff!!

Jake Barry



- Graduate of Wayne State College, B.S. 2014
- 3rd year educator at Elkhorn Public Schools
- Currently teaching 8th grade writing
- NGEN State Committee and Local Chair



Tips

K.I.S.S. (Keep It Super Simple)

- ₹ The simpler, the better!
- ₹ Don't make things more complicated than they already are.
- ₹ Simple action steps for you and your students.
- ₹ Let the students do the leg work in their learning.

Create YOUR Routine

- ₹ Find what works for you and your priorities.
- ₹ Make time for the small things that make you happy!
- ₹ Make a yearly outline

Questions

