Music Teacher Burnout Is Preventable

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1. What is Stress and Teacher Burnout?
   • Definition, description, and elaboration
   • Who burns-out?
   • The cost to the profession

2. What contributes to Teacher Burnout?
   • Discipline problems (and unclear behavioral expectations)
   • School Reform and change
   • Curricular issues
   • Lack of support
   • Low pay
   • Too much paperwork
   • Differences over Roles and Goals

3. Could these issues be a factor in Teacher Burnout?
   • Lack of organizational skills
   • Communication problems
   • Lack of a Philosophy of Music Education
   • Hyperactivity (including scheduling and competition)
4. What else can we do to prevent or avoid Teacher Burnout?

- Seek varied field experiences, attend clinics and workshops
- Find a mentor and friends in the field
- Practice self-renewal: Sharpen The Saw
- Change the scenery
- Practice balance in life

5. In conclusion

References and Resources for Further Study


DeRoche, Donald (2004). Here’s a lesson before all others: a balanced life makes a better teacher. Leblanc Bell, winter, 20.


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