

2004 Midwest Clinic — 58th Annual Conference
Hilton Chicago — December 15 (2:30 p.m.) and 18 (11:00 a.m.), 2004

Music Teacher Burnout Is Preventable

Lynn G. Cooper, Ed.D.
Asbury College
Wilmore, KY 40390
lynn.cooper@asbury.edu

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

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