

# LISTEN, FOCUS, THRIVE

Summer break is winding down, and the new school year is creeping up. Are you feeling excited, overwhelmed, or maybe a little bit of both? Here are some ideas to kick your school year off the right way:

## LISTEN ACTIVELY

- ✓ During PDs and meetings, instead of just waiting for your turn to speak, take the time to listen and observe. This will help you gain valuable insights about your school environment and set you up for success.
  - 💡 *Remember that active listening can involve taking notes, nodding along, and asking clarifying questions. This shows you're engaged without dominating the conversation!*

## SET BOUNDARIES

- ✓ Be clear about your limits and what you will and won't do. Establishing boundaries early on will help you maintain a healthy work-life balance throughout the year.
  - 💡 *Worried that setting boundaries is selfish or could create extra work for colleagues? Communicate clearly and professionally. Explain your reasoning and offer alternative solutions when possible and show willingness to collaborate within your limitations.*

## FOCUS ON WHAT MATTERS

- ✓ Don't try to do everything! Identify the things that will have the biggest impact on your students' learning and focus on those.
  - 💡 *Think that this is subjective? Look for creative ways to integrate important standards into your chosen focus area.*

## CHOOSE A LANE

- ✓ Pick a teaching approach (like arts integration!) and stick with it for the year. This will allow you to delve deeper into the topic and avoid feeling scattered.
  - 💡 *Does choosing a lane feel restrictive? Choose a lane with room for exploration! Find a teaching approach that allows for creativity and customization within its framework.*

## EMBRACE GRACE

- ✓ Remember, you're human! There will be bumps along the road, but don't beat yourself up. Extend grace to yourself and others.
  - 💡 *Concerned that embracing grace could lead to procrastination? Distinguish between grace and avoidance. Acknowledge challenges, but still take steps to improve. Celebrate small victories!*