

Healthy Teachers >>>> Successful Students

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This session will center around the two themes of comprehensive career development and culture change in schools. During the COVID pandemic, teachers have had to implement radical changes in their practice, while dealing with students who have been subjected to severe trauma. The result has been a sharp increase in Secondary Stress Syndrome on the part of teachers. Research shows that this syndrome negatively impacts teachers' ability to effectively teach and mentor students. The session will focus on an assessment to identify the extent of individual teacher stress levels and provide strategies to promote teacher self-care and wellness. It will be based on implementation of the program at both Schuylkill Technology Centers

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