



Improve teacher resiliency and overall well being

Studies show that a strong SEL program can improve a teacher's own socioemotional well being resulting in the following improvements

- Resilience and retention
- Better health and attendance
- Teacher effectiveness
- Happy and engaged teachers
- Healthy student relationships
- Better student outcomes
- Proactive class management

TEACHER STRESS

Causes, Consequences, and Cures



\$7.3 Billion
Cost of teacher turnover



46%
Teachers report high daily stress

FEDERAL, STATE, DISTRICT, SCHOOL POLICIES

SOURCES OF TEACHER STRESS

School Organization
Job Demands
Work Resources
Social-Emotional Competence

TEACHER CONSEQUENCES

Low Performance
Ill Health and Lack of Well-being
Increased Absenteeism
High Turnover

OTHER CONSEQUENCES

Lower Student Achievement
Lower Continuity for Students and Parents
Higher Educational Costs

Recommendations



MENTORING AND INDUCTION PROGRAMS



WORKPLACE WELLNESS PROGRAM



SEL PROGRAMS



MINDFULNESS/STRESS MANAGEMENT PROGRAMS



ADDITIONAL RESEARCH

Source: Penn State, Robert Wood Johnson Foundation

According to Penn State and the Robert Wood Johnson Foundation, about 46% of teachers report high daily stress and the stressful demands of teaching can result in a loss of \$7.3 billion dollars due to teacher turnover resulting from burnout. Sources of teacher stress result from the school organization itself, job demands, work resources, and socio-emotional competence. The consequences of teacher stress include low performance, ill health, compromised well being, increased absenteeism, high turnover, lower continuity for students and parents, and ultimately lower student achievement.

Teachers who receive socioemotional learning (SEL) training for emotional control have reduced stress levels, better emotional wellbeing, and have higher quality classrooms because they are better able to respond to the demands of their classrooms. Teachers, for example, can acknowledge their own frustrations early, allowing them to de-escalate those emotions, resulting in a more thoughtful and effective response to their class or an individual student. (University of Virginia's Curry School of Education, CARE Research Study)

The Mindset Mastery Curriculum not only transforms students, but especially teachers as they learn these powerful strategies and skills alongside their students.