



Exploring the Great Unknown

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A Reminder:

Our Path and Our Student's Possible Path

Cause I Ain't Got a Pencil

by Joshua T. Dickerson



I woke myself up
Because we ain't got an alarm clock
Dug in the dirty clothes basket,
Cause ain't nobody washed my uniform
Brushed my hair and teeth in the dark,
Cause the lights ain't on
Even got my baby sister ready,
Cause my mama wasn't home.
Got us both to school on time,
To eat us a good breakfast.
Then when I got to class the teacher fussed
Cause I ain't got a pencil.

The Journey

BETWEEN WHO YOU ONCE
WERE AND WHO YOU ARE
NOW BECOMING, IS WHERE
THE DANCE OF LIFE
REALLY TAKES PLACE.

*Silver Lining Of
Your Cloud*
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SCORE (Self-Care Options for Resilient Educators)

Pre - Covid

- 61% of teachers experienced high daily stress “often” or “always” in comparison to 30% across all other professions

Since Covid

- those percentages escalated to an alarming 78% and 40%, respectively
- 300 staff members in six schools in the northwest United States. From that study alone, approximately 75% of participants experienced substantial levels of secondary trauma



Great Resignation: Fact or Fiction

"We actually don't have any empirical evidence suggesting that teacher turnover is rising this year," Chad Aldeman, policy director of [Edunomics](#), a center at Georgetown University focused on the study of education finance.

Current Concerns:

1. At stake is the emotional and educational recovery of an entire generation of students who've had to endure the pandemic from a unique perspective, switching back and forth between in-person and remote learning, navigating mask mandates and the politics associated with them, dealing with uncertainty about vaccines -- or lack thereof -- all on top of worrying about their own academic future



More Teacher Concerns

- Experts argue that there isn't yet empirical evidence that teachers are quitting in record numbers. Still, even the most skeptical admit that the possibility of seeing an unprecedented wave of teacher resignations before this school year ends or the next one starts has never felt more real.
- Teachers were already struggling amid ever-increasing demands to do more, with little support and with stagnating salary increases. Every year, fewer people are choosing to join a profession that's hardly evolved in 50 years, and vacancies are on the rise.
- Anxiety of coming back to in-person teaching during the pandemic while having your own medical issues
- Being harassed by fellow teachers and parents and communities



Much more devastating
than frustration is the
emotion of disappointment.

Tony Robbins

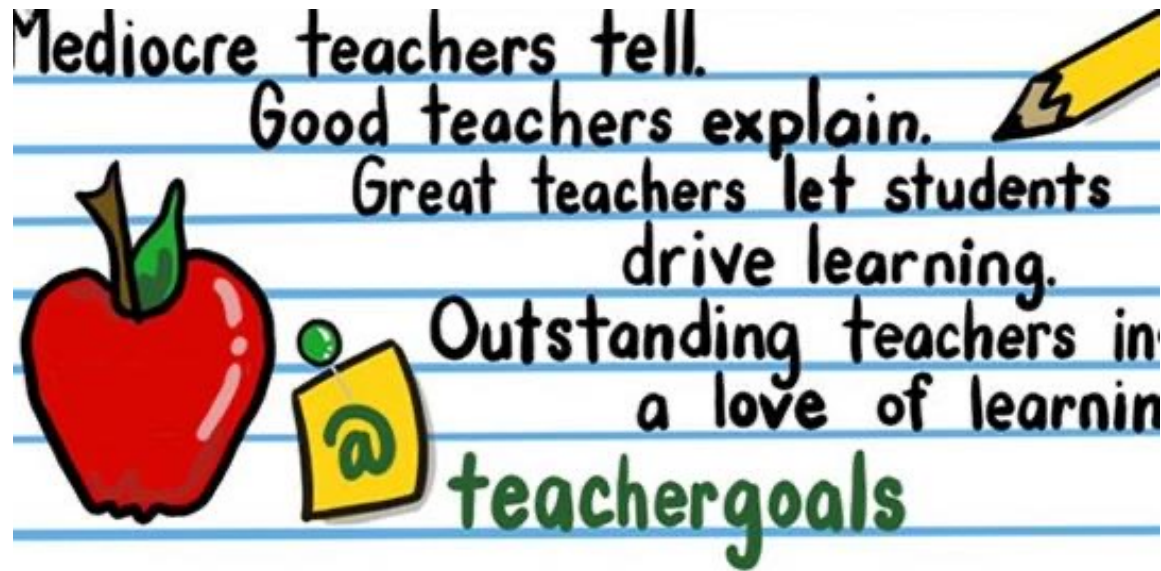


- “Let us put our minds together to see what kind of life we can build for our children”



- Lakota Leader Sitting Bull





Main Goals of Effective Teaching

Quality Learning

Effect the Whole Community

Expertise

Well Being

UNCHOSEN EXISTENCE

by: Gail Lipe

The road ahead of me is unmarked,
not even two paths of which to choose.
A soft blanket of ambiguous snow
conceals all definition of the coming
landscape.

Questions mount as decisions constantly
must be made,
bombarding stability.

As I move forward one answer is made clear,
Strength and courage have come from the
bombardment.


Constant decisions have provided strength to
move forward

onto the ambiguous snow.

I am here, not even a crossroad before me,
but a road of unchosen existence.

A trail to blaze.

Insurmountable odds,
unfathomable gain.

- 
- What is next for You?
 - Do we explore and claim new territory?

- Do we follow our Call?

Are we up for the
Challenge?



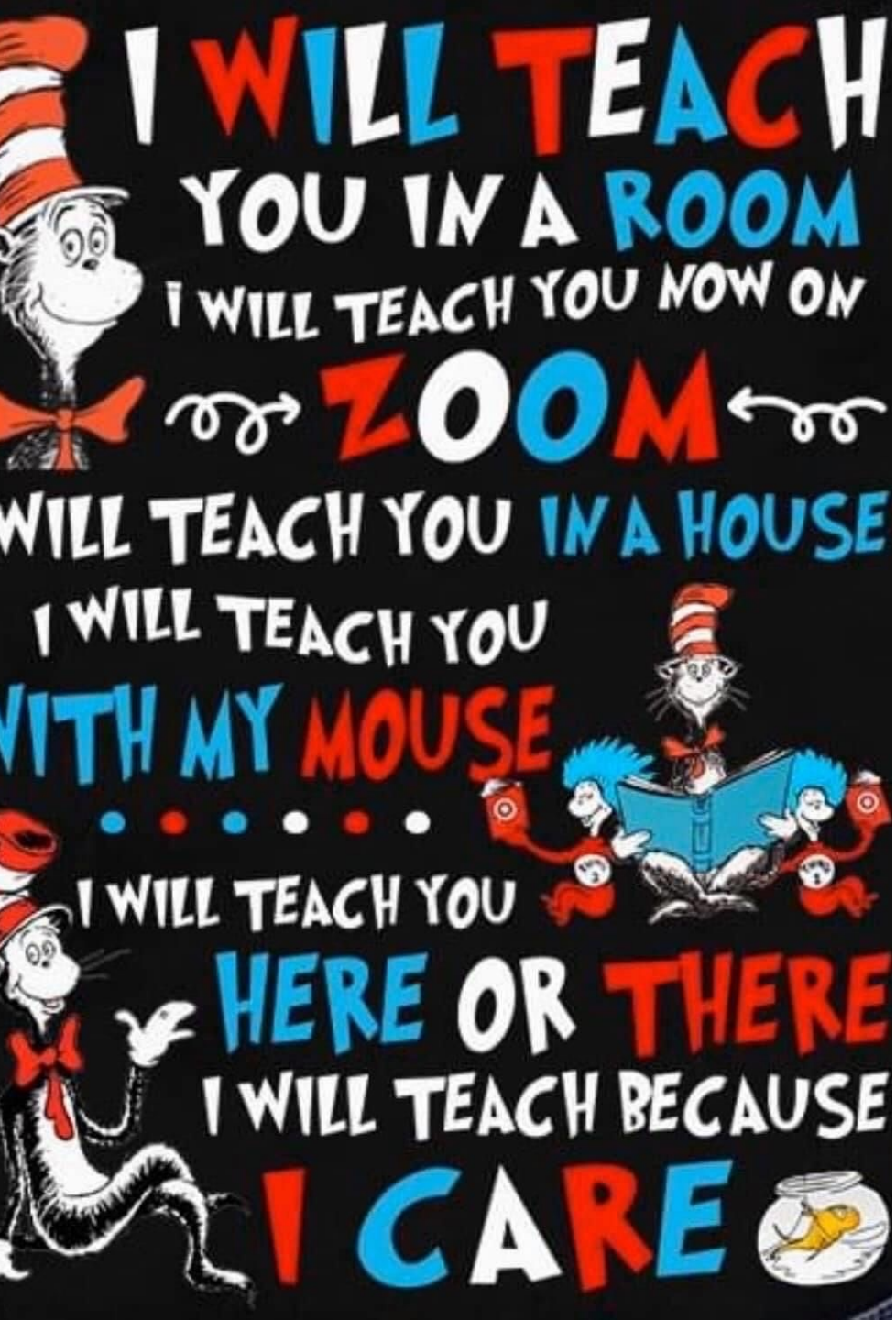
Lewis and Clark Exhibition Goals

1. To chart a route that would be part of a passage between the Atlantic and Pacific Oceans
2. To trace the boundaries of the territory obtained in the Louisiana Purchase
3. To lay claim to the Oregon Territory.
4. To conduct a safe exploration

Lewis and Clark's preparation



1. Took 6 months to get ready
2. Did extensive research
3. Had the backing of strong and decisive leader
4. Had a well thought out plan
5. Chose and trained those who would join them, each their own expert
6. Lewis knew he needed others so ask Clark to join him
7. Mutual respect, trust, and common sense



The Most Recent Teacher Territory

Very little time to prepare

Not much research about how to teach virtually or the effects a pandemic on learning

Leadership appears to be all over the board

Mutual Trust; Respect; and Common Sense gone? Stress all over!

Comparison Chart

Burnout	Compassion Fatigue	Vicarious Traumatization
Signs: <ul style="list-style-type: none"> • Fatigue • Anger • Frustration • Negative reactions towards others • Cynicism • Negativity • Withdrawal 	Signs: <ul style="list-style-type: none"> • Sadness & Grief • Avoidance or dread of working with some patients • Reduced ability to feel empathy towards patients or families • Somatic complaints • Addiction • Nightmares • Frequent use of sick days • Increased psychological arousal • Changes in beliefs, expectations assumptions • Detachment • Decreased intimacy 	Signs: <ul style="list-style-type: none"> • Anxiety • Sadness • Confusion • Apathy • Intrusive imagery • Loss of control, trust & independence • Somatic complaints • Relational disturbances
Symptoms <ul style="list-style-type: none"> • Physical • Psychological • Cognitive • Relational Disturbances 	Symptoms (mirror PTSD) <ul style="list-style-type: none"> • Physical • Headaches • Digestive problems • Muscle tension • Fatigue • Psychological distress • Cognitive shifts • Relational Disturbances • Poor concentration, focus & judgement 	Symptoms (mirror PTSD) <ul style="list-style-type: none"> • Physical • Psychological distress • Cognitive shifts • Relational Disturbances
Triggers <ul style="list-style-type: none"> • Personal characteristics • Work-related attributes • Work organisational characteristics 	Triggers <ul style="list-style-type: none"> • Personal characteristics • Previous exposure to trauma • Empathy & emotional energy • Prolonged exposure to trauma material of clients • Response to stressor • Work environment • Work-related attitudes 	Triggers <ul style="list-style-type: none"> • Personal characteristics • Previous exposure to trauma • Type of therapy • Organisational context • Resources • Re-enactment

Lewis and Clark's Planned Coping Essentials

- Translators
- Live Music
- Making Difficult but Needed Adjustments
- Good and Clear Boundaries
- Times of Celebration
- “Thunder Clappers”





**Be strong enough
to stand alone,
be yourself enough
to stand apart,
but be wise enough
to stand together
when the time comes.**

Things to Remember:

- Brains in Pain cannot learn!
- Incorporate Movement
- Provide Focused Attention Practices
- Understand What You and Your Students are Carrying In
- Map out the School Day
- Do not isolate instead communicate!
- The Landscape has changed!
- Others?

The landscape is not the same!



Secondary Trauma Coping Strategies:



Talk to and Rely on Others



Set Boundaries



Remember your Role and Reframe
Control



Separate Work and Home Life with
Rituals

What some teachers are doing!



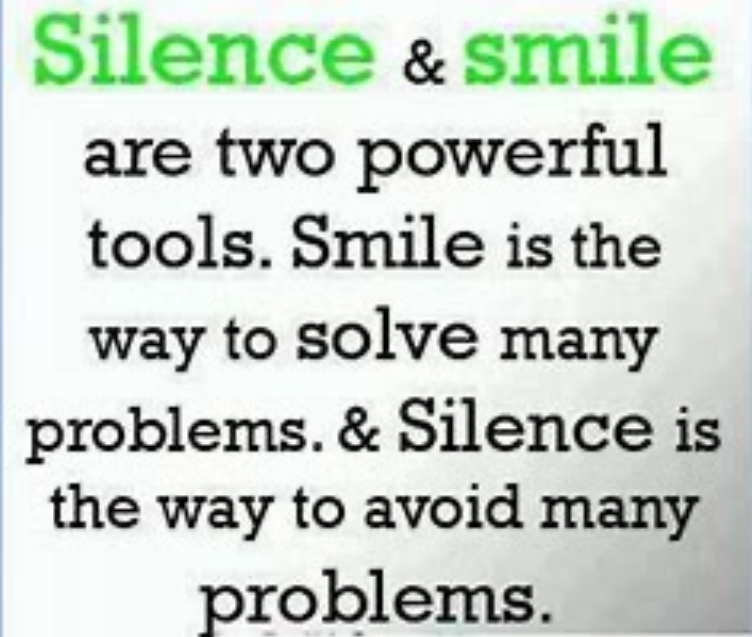
What's Next?

Identify Strengths and Challenges

Be a part of the new “educational” map for today and future.

Keep exploring, learning, growing and accepting.

Please Never Give Up – “No Disposable Kids” or Educational Staff



Silence & smile
are two powerful
tools. Smile is the
way to solve many
problems. & Silence is
the way to avoid many
problems.



HANDLE WITH CARE®
Behavior Management System



Children are not the people of tomorrow, but people today. They are entitled to be taken seriously. They have a right to be treated by adults with tenderness and respect, as equals. They should be allowed to grow into whoever they were meant to be - The unknown person inside each of them is the hope for the future.

— Janusz Korczak —

AZ QUOTES