

Title of Session: Teacher's Life Coach

Moderator: Lynne Wolters

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Room: Teacher's Life Coach Group

LynneW: Hello and welcome.

LynneW: Didn't you just join my Web 2.0 Tools for School group?

BibiA: hi , I'm Bibi,

BibiA: I sent you an email regarding my dissertation research survey

LynneW: Oh, I'm sorry I didn't get back to you.

LynneW: You wanted to have participants fill out your survey during our session.

LynneW: This is a jam packed session and participants would be really cheated to give up that much time.

BibiA: if that's ok with you, and I want to join the group so I can add my survey to the discussion board

LynneW: I am certainly happy for you to announce your need to follow up with your survey.

BibiA: there is an incentives from amazon.com

LynneW: That is a great idea.

LynneW: Please go ahead and post a new topic in our group room.

BibiA: ya, I'm really trying to get as many as I could

BibiA: many thanks, Lynne

LynneW: I really want to help you.

BibiA: thanks a lot, I really appreciate it

LynneW: That group is fairly large usually and very active.

BibiA: that's good for me

LynneW: Have you time to tell me about your research?

BibiA: sure

BibiA: I'm studying individual's knowledge sharing behavior in online communities. so why people like you spend their own time to share their valuable expertise with others whom they have less knowledge of

BibiA: I'm taking a social psychological perspective....

LynneW: Well, give me the link and I'll fill out the survey.

LynneW: That is a very interesting question.

BibiA: great

BibiA: <https://surveys.scilsnet.rutgers.edu/TakeSurvey.asp?SurveyID=mJI9l6KL7lm5I>

LynneW: What do you suspect are the reasons?

ChristinNR joined the room.

LynneW: May I quickly tell you the questions it raises for me?

BibiA: sure

LynneW: Hello Christina and welcome.

ChristinNR: Hello Thank You!

LynneW: This is a new group - so there won't be many participants.

LynneW: What brought you to this session Christina?

ChristinNR: I am currently taking a media instruction course at the College of Staten Island, and I had to choose a session to attend, and this seemed like a good one

LynneW: I want to give others a chance to come in so stand by for minute or two.

ChristinNR: sure

ChristinNR: I am expecting a few more girls from the class to be in.

BibiA: sure

LynneW: Christina, what content area(s) do you teach?

ChristinNR: elementary. I am currently in a 3rd grade class.

LynneW: Oh, I loved teaching 3rd grade. My favorite.

ChristinNR: Yes, it is a wonderful grade!

LynneW: I've been in teacher education / higher ed for 14 years.

LynneW: Bibi were you able to post on the discussion board?

BibiA: I did for the Web 2.0 group

ChristinNR: that's great

LynneW: Wonderful.

ChristinNR: I am a new teacher.

LynneW: Is this your first year?

LynneW: How are you holding up?

LynneW: Do you two know how passageways work in Tapped In?

BibiA: yes

ChristinNR: yes

LynneW: Good.

LynneW: I would like to suggest you go to the ACTIONS menu and select larger text.

LynneW: Also go back there to select DETACH if you would like more room in the chat window - helps prevent too much scrolling.

BibiA: that looks better

LynneW: It has been 10 minutes. Let's begin.

LynneW: My name is Lynne Wolters and I come to you from Vancouver, WA.

LynneW: I am an ed tech professor turned life coach.

LynneW: I attended all my Pepperdine graduate classes in Tapped In several years ago.

LynneW: I've been here ever since.

LynneW: Please introduce yourselves.

BibiA: I'm Bibi Alajmi, phd candidate in Rutgers University, NJ... doing my research on Knowledge Management and online communities

ChristinNR: My name is Christina Ricci and I am a new teacher. My concentration is Elem. Ed.

MarisaGst5 joined the room.

BibiA: hi Christina

LynneW: Hi Marisa!

MarisaGst5: hello

ChristinNR: Hi! nice to meet you!

LynneW: Glad you found us.

LynneW: We were just beginning self-introductions.

LynneW: Tell us where you are from and what you teach and what brings you here today.

LynneW: Bibi will you respond again?

BibiA: I'll be observing

LynneW looks to Bibi and nods

LynneW looks to Christina and Marisa.

LynneW: Please introduce yourselves.

MarisaGst5: I am from Staten Island New York and I am currently student teaching and I'm here because of taking a course that is requiring us to look at one of these sessions

ChristinNR: My name is Christina Ricci and I am a new teacher

RyanS joined the room.

BibiA: Ok, I'm Bibi Alajmi, phd candidate in Rutgers University, NJ

LynneW: Thank you all.

ChristinNR: I am also from the Staten Island NY and I am taking the same course as Marisa

LynneW: My name is Lynne Wolters and I come to you from Vancouver, WA

LynneW: I am a former ed tech professor turned life coach.

RyanS: I am also in the CSI course

RyanS: teaching third grade in Brooklyn

LynneW: I attended all my Pepperdine graduate courses in Tapped In and have been here ever since.

LynneW: I just started this group.

LynneW: It has been obvious to me, since I was a high school student, that Spring is the "tired" time.

RyanS: tapped in gets pretty confusing

LynneW: Sometimes teachers are "knee crawling to the end".

ChristinNR: Yes I can see that happening.

MarisaGst5: yes I totally agree

LynneW: I wanted to try this group to see if it was possible to provide support and "community" for teachers.

LynneW: Before continuing, I would like to address Ryan's observation that Tapped In can be confusing.

MarisaGst5: quick question can you please send the transcript for this session to my email since I am signed in as a guest

LynneW: Yes Marisa. However you will have to leave your email with me.

LynneW: I agree that there can be challenges in becoming comfortable with the user interface in Tapped In.

MarisaGst5: okay that's not a problem I had to do that the last time I came into tapped in

LynneW: Ryan, what information would you need to be more comfortable?

LynneW: Of course, anyone can offer their own questions on this topic.

RyanS: I was told by my professor that I should have taken an intro to the site, but since there were none given today I couldn't. I think once I take that I will be fine.

LynneW nods with understanding

LynneW: Please ask questions if you are feeling a "gap".

RyanS: alright thank you

LynneW: I have posted some resource files in this group room.

ChristinNR: ok

LynneW: One is the Life Balance Wheel.

MarisaGst5: yes see this

LynneW: It is a good way to begin identifying where your time and energies are being spent.

LynneW: You can then modify this wheel to reflect your own current percentages and create another wheel that is your "aspirational" Wheel.

LynneW: An example:

LynneW: I spend 15-20 hours each week correcting papers and completing "paperwork" associated with my job.

LynneW: I would like to cut that down to 12 hours per week so I can take a yoga class with a friend.

ChristinNR: I would say at this point in my life I spend literally 85 percent of my time to my career path.

LynneW: I begin moving toward my aspirational goal with concrete strategies for getting there and a target date when the yoga class begins.

MarisaGst5: I can agree with Christina

LynneW looks at Christina and Marisa

LynneW: How do you feel about that?

ChristinNR: terrible

LynneW: What are you missing out on in your life?

MarisaGst5: Stressed

RyanS: I think having a target date is key.

ChristinNR: Student teach all day, then go to school to some days 10 at night.

LynneW: When professional productivity is the crunch area

MarisaGst5: between student teaching classes preparing for lesson and making sure to graduate within the next year

LynneW: I immediately think of "work smarter, not harder".

RyanS: I agree

ChristinNR: missing out on time with family and friends. I also wish I could get back to the gym :)

ChristinNR: Yes time management is the key

RyanS: there are more efficient ways that often people don't take into account

LynneW: Here is an example of decisions my graduate cohort made to help us "work smarter, not harder".

MarisaGst5: yes it hard to get it all done when there isn't enough time in the day

LynneW: We had more assigned reading than any one person could complete in a week. And this was EVERY week.

LynneW: We met in Tapped In at a time when we were not taking a class.

LynneW: We decided to create a reading circle co-op.

ChristinNR: I feel like the more I am into my routine of HW time and lesson planning time the easier it does become. However; if once that routine is messed up it gets difficult

LynneW: We set up a format and assigned reading tasks.

LynneW: We then were responsible to our cohort to complete the reading one day prior to class and post a comprehensive write-up on the reading.

LynneW: Everyone then printed or screen read the information to be up to speed for class.

RyanS: From my observations, I find that many teachers don't pace themselves and burn out very quickly, by instituting a format and schedule, pressure can be eased.

LynneW: There is a lot going on in the early years.

LynneW: You are learning the culture of the school.

LynneW: You are learning about yourself in the classroom.

LynneW: You are prepping new preps.

ChristinNR: very true

LynneW: Doing lots of planning.

LynneW: Working with parents for the first time.

LynneW: And, continuing with your graduate courses.

RyanS: yup my first parent teacher conferences were on Tuesday.

LynneW: Lots of demands for communication, synthesis of new information, and quick deadlines.

LynneW: Often, I suspect deadline fatigue is a major issue.

LynneW: Ryan, how did they go?

ChristinNR: Yes and I feel like this deadline fatigue produces work that is not up to standards.

MarisaGst5: we all had them this week however I was not allowed to be a part of them

LynneW: Christina, that leads to an important personal decision everyone needs to make.

ChristinNR: me either.

SusanR joined the room.

RyanS: I consider myself lucky because my cooperating teacher is very friendly and insightful. So being allowed to attend parent teacher conferences and being thanked by parents for helping their children out was very rewarding for a new teacher

LynneW: When do you make the judgment that less than "A" work is acceptable.

MarisaGst5: I9 think teachers try to accomplish everything at one time. there needs to be that pacing on how things will be accomplished

LynneW: Hi Sue

LynneW: Welcome.

ChristinNR: For me that is very hard.

SusanR: Hi Lynne

LynneW: Sue, please introduce yourself.

LynneW: We have new elementary teachers here today.

SusanR: I am Sue from Ottawa, Ontario

ChristinNR: I am in some ways a perfectionist

ChristinNR: Hello Sue

LynneW: Will you tell them about your group, Sue?

LynneW looks to Sue for a quick sidebar

SusanR: I am a substitute teacher; tech integrator and moderator of the K to 3+ Great Resources calendar sessions here at TI

LynneW: She is the BEST you can learn from.

LynneW: I strongly recommend her sessions.

BibiA: I might need your help Sue ...

SusanR: I have a K to 3 Resource Room filled with classroom ready web resources for use across the curriculum

LynneW: Which ties in nicely with our conversation about working "smarter, not harder".

SusanR: I have been a classroom teacher for more years than I care to say

LynneW: There are so many high quality resources being shared in Tapped In.

SusanR: I left the classroom and became a tech integrator

LynneW: They are proven and ready to go.

RyanS: will be looking for your upcoming meetings

SusanR: I must say I was burned out when I left

LynneW: This brings us full circle.

LynneW: This is a great example of the power and benefit of online learning communities.

LynneW: Tapped In is a caring, sharing, informative place.

SusanR: you can follow me on twitter <http://twitter.com/sroseman>

MarisaGst5: I think it's great to hear from everyone and their insights on teaching

SusanR: Now as a sub I quite like it

LynneW: So, what are the "take aways" you have learned from this session.

LynneW looks to all

ChristinNR: to work smarter not harder.

RyanS: keep focus

LynneW: With ideas on what that might look like?

BibiA: time management

MarisaGst5: work smarter and manage better

ChristinNR: make sure that you are not overworking yourself so that your quality of work will be better

LynneW: Yes!

LynneW: Care for yourself. Make it as important as anything else you do.

MarisaGst5: quality is better then quantity

LynneW: Get up from the computer and walk down the street.

LynneW: Look out the window to see Spring blooming around you.

MarisaGst5: it's okay to take a break and enjoy certain things

LynneW: Listen to a music track that energizes you or soothes you.

LynneW: Make a call to hear a familiar voice.

LynneW: BREATHE

LynneW: When we get anxious, we go into shallow breathing.

LynneW: This produces more anxiety.

LynneW: If you don't know what to say, in any given moment, take a breath.

LynneW: Here is a quick exercise that really works! Are you ready?

ChristinNR: this is a good strategy.

ChristinNR: yes

MarisaGst5: yup

BibiA: ya

RyanS: yea

LynneW: When you are in the same physical place with another person, do the following.

LynneW: Stand in front of them.

LynneW: Ask them to push (fairly hard) on your front shoulder.

LynneW: You will probably have to take a step back.

LynneW: This means your awareness is in your "head" and you have fled the grounding of your body.

LynneW: Take a breath and focus on your deep center - groin area.

LynneW: Have your partner push you again in exactly the same way.

LynneW: You will be steady on your feet and immovable.

LynneW: Breath and self-awareness go a long way in helping you "catch up" with yourself.

LynneW looks to the group for understanding.

LynneW: Does this make sense?

BibiA: absolutely

MarisaGst5: sure

ChristinNR: yes

RyanS: yea it's refocusing you

LynneW: You will feel more centered and "in charge" of yourself. Others can't easily "tip" you off your center. Even if they are trying to do so with their words/actions.

ChristinNR: sometimes you need to be brought back into your surroundings and relax. Especially when you are under stress.

BibiA: the problem is that it's just a matter of time that you will be back to stress ... so you have to do it again and again

LynneW: Another document posted in this group room is the "Saying Yes, Saying No" document.

LynneW: This is wonderful for folks who have trouble saying "no".

LynneW: Bibi, a method for doing this almost automatically is

LynneW: to deeply recall a time when you felt unflappable, centered and at peace.

LynneW: Consciously find a time to be in that moment.

LynneW: Tell yourself you are going to remember the feeling, the smells, all of your sensory input that leads you back to this same state of being.

LynneW: With practice, you can bring yourself to that state of being whenever you are fighting stress, tears, frustration, etc.

BibiA: interesting,

LynneW: Self-mastery is important and rewarding.

LynneW: I send each of you on your way with a "heart hug" and warm wishes for your success and happiness.

LynneW: Beginning at 5 pm is my session "Web 2.0 Tools for Schools".

ChristinNR: Thank you! This was very helpful and just what I needed!

RyanS: thanks

LynneW: It is strictly resource based and all are free.

MarisaGst5: yes this was very informational

LynneW: You are welcome to join me if you wish. We meet in the group room.

RyanS: very insightful and thank you for letting us vent

LynneW: Good day/night!

MarisaGst5: thank you very much have a good day/night

LynneW: Bye