



## The Center for Teaching and Learning at the Michael D. Eisner College of Education

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# CTL on the Cutting Edge



TEACHERS CONNECTING TO ADVANCE  
RETENTION AND EMPOWERMENT

### **Research Questions**

What role does a teacher's "inner world" of thoughts and feelings play in the "outer world" of the classroom? What is it like for the teacher to experience frustration and failure? What emotions and thoughts do these experiences generate within the educator? How do these reactions become expressed in their teaching? What methods can a teacher use to first identify and then diminish the impact of these personal challenges/struggles? CTL is pleased to support the work of four CTL Fellows to address these and other related questions. Professors Steve Holle and Robin Mlynarik and Drs. Corinne Barker and Alan Goodwin created the T-CARE project to assist teachers to confront these commonly experienced but uncommonly discussed issues.

### **The Project**

The T-CARE project focuses on the value of both research and practical applications as means of assisting teachers to acknowledge and normalize the challenges all helping professionals confront. Via confidential meetings with individuals, small groups, and email questionnaires, T-CARE has utilized feedback provided by both in-service and pre-service teachers. T-CARE endeavors to establish and maintain a close, supportive network of educators who will work together to achieve professional growth. Semi-structured group discussions have been a vehicle for beginning to sensitize teaching professionals to the value of cognitive and behavioral self-affirming practices that help develop higher levels of mutual support, resiliency and job satisfaction. A T-CARE newsletter and website provide additional resources.

### **What's Next...**

The T-CARE team is actively seeking opportunities to involve all education professionals to the T-CARE program. Current activities include classroom lectures and presentations at conferences. Expansion to pre-service teachers at other universities and online support options are also planned. In addition, the effectiveness of the T-CARE interventions are measurable; faculty and students have enthusiastically embraced the idea of focusing doctoral projects and possible research related to the impact these activities have on teacher job and life satisfaction

FOR MORE INFORMATION  
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