



Surviving your first year of teaching

No matter how well prepared you are academically, the first year of teaching is very likely to be overwhelming. It can be one of the most difficult things but also the most thrilling and rewarding times you go through as an educator. This clinic will focus on several different ways you can not only survive but thrive and build the kind of resilience that will carry you through your first year and for years to come. These tips will help you avoid burnout and address teacher turnover rate.

1. Dress professionally

- Perception is everything
- Dress appropriately for the activity

2. Get to know your school

- Office staff, custodial staff, and other faculty
- Attend faculty meetings
- Be social after work

3. Invest in your students

- Learn their names ASAP
- Show that you care
- Be invested in their lives

4. Set standards and expectations early

- Let students know what you expect
- Stay true to your standards
- Keep your expectations high but also reasonable

5. Prepare and plan

- Start with the end goal in mind
- Plan lesson schedule with room to breathe
- Plan several activities with variations to keep engagement and focus
- Have a catalog of backup lesson plans
- Keep a calendar and a reminders list

6. Time management

- Plan your day and stick to it
- Get everything ready the night before
- Don't leave your office a mess at the end of the day
- Answer emails and phone calls in a timely fashion

7. Avoid burnout

- Set aside some ME time
- Set a cut-off time or limit when you will no longer work
- Learn when to say no

8. Watch your health

- Eat well, not just convenient
- Exercise to maintain stamina for a long school day
- Sleep schedule
- Find a hobby

9. Record everything

- Take notes, audio record classes, video tape lessons
- Find out what works and doesn't work
- Reflect often

10. Never stop learning

- Take time to maintain and develop your musicianship
- Attend to professional development conferences and sessions
- Seek out a mentor

Other tips:

- Get to know other music teachers in the area.
- Make friends in and out of work.
- Don't take things personally.
- Learn from your mistakes.
- Be patient. Things take time.
- Never forget about your passion for teaching and music.
- Keep a drawer of motivational things from students.
- Write down your vision of yourself as a teacher.



GET IN TOUCH!

Have questions or comments? Feel free to contact me!

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Mr. Molina is an active percussion performer, educator, arranger, adjudicator and clinician. Currently, he is pursuing a Doctor of Musical Arts degree in Percussion Performance and Pedagogy at the University of Iowa.

Mr. Molina endorses Yamaha Percussion, Vic Firth Sticks and Mallets, Remo Drum Heads, Sabian Cymbals, and Black Swamp Percussion. His professional affiliations include the National Association for Music Education, Percussive Arts Society, College Music Society, National Society for Steel Band Educators, and the Pi Kappa Lambda Music Honor Society.