

ENTREE



ENhancing Teacher REsilience in Europe

Online Link List

Resources for the ENTREE Project

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1 Books

Cefai, Carmel, & Cavioni, Valeria. (2014). *Social and emotional education in primary school: Integrating theory and research into practice*. New York: Springer.

Day, Christopher, & Gu, Q. (2010). *The new lives of teachers*. London: Routledge Taylor & Francis Group.

Day, Christopher, & Gu, Qing. (2014). *Resilient teachers, resilient schools: Building and sustaining quality in testing times*. Oxon, UK: Routledge.

Ferguson, D. (2008). *What teachers need to know about personal wellbeing*. Camberwell, Victoria: ACER Press.

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Partin, R. L. (2009). *The classroom teacher's survival guide* (3rd ed.). San Francisco: Jossey-Bass.

2 Websites

Resilience Research Centre (n.d) <http://www.resilienceresearch.org/>

Hunter Institute of Mental Health (2011) ResponseAbility. <http://www.responseability.org/>

KidsMatter (2014) <http://www.kidsmatter.edu.au/>

KidsMatter Early Childhood (2014) <http://www.kidsmatter.edu.au/early-childhood>

Mansfield, Price, McConney, Beltman, Pellicionne & Wosnitza (2012). *Keeping Cool: Building resilience in teacher education*. www.keepingcool.edu.au

MindMatters (2014) <http://www.mindmatters.edu.au/>

Inspire Foundation (2014) Reach out. <http://au.reachout.com/>

* see especially the wellbeing section

Recourse Support (2014) <http://recourse.org.uk/>

The Help Guide (2014) <http://www.helpguide.org/>

White, S., Kline, J., Hastings, W., & Lock, G. (2011). Renewing rural and regional teacher education curriculum [online resource]. Melbourne, Australian Teaching and Learning Council. Available from: <http://www.rrrtec.net.au>

3 Online Resources

American Psychological Association. (2014). The Road to Resilience. Retrieved from <http://www.apa.org/helpcenter/road-resilience.aspx>

Cahill, H. (2000) Enhancing Resilience 1: Communication, changes and challenges *Mind Matters*. Retrieved 26th August, 2014 from <http://www.mindmatters.edu.au/tools-resources/resources-archive>

Cahill, H. (2000) Enhancing Resilience 2: Stress and Coping *Mind Matters*. Retrieved 26th August, 2014 from <http://www.mindmatters.edu.au/tools-resources/resources-archive>

Canada Education (2014) Caring without tiring. Retrieved 26th August, 2014 from <http://www.cea-ace.ca/education-canada/article/caring-without-tiring>

Delaney, M. (n.d.). Teacher stress, well-being and stress management - Taking care of yourself so that you can take care of your students. Retrieved 26th August, 2014 from <http://www.teachingenglish.org.uk/article/teacher-stress-well-being-stress-management-taking-care-yourself-so-you-can-take-care-your>

MindMatters Component 3: Parents and families (coming soon)
<http://www.mindmatters.edu.au/tools-resources/component-framework>

The education union (2014). Relationships with colleagues. Retrieved from <http://www.new2teaching.org.uk/tzone/education/workingrelationships/>

The education union (2014). Problem parents. Retrieved from http://www.new2teaching.org.uk/tzone/education/workingrelationships/problem_parents.asp

Falout, J. (2010). Strategies for teacher motivation. *The Language Teacher*, 34(6), 27-32. Retrieved from www.jalt-publications.org/files/pdf-article/art4.pdf [tips for teachers to sustain their motivation]

- Fredericks, A. D. (2005). Problem-Solving. Retrieved from <https://www.teachervision.com/problem-solving/teaching-methods/48451.html>
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- Inspire Foundation. (2014). How to get a good night's sleep. Retrieved 11th July 2014, from <http://au.reachout.com/how-to-get-a-good-nights-sleep>
- Inspire Foundation. (2014). Challenging negative thinking. Retrieved 11th July 2014, from <http://au.reachout.com/challenging-negative-thinking>
- Inspire Foundation. (2014). What is self-talk? Retrieved 11th July 2014, from <http://au.reachout.com/what-is-self-talk>
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- Inspire Foundation. (2014). Tips for getting motivated. Retrieved 11th July 2014, from <http://au.reachout.com/tips-for-getting-motivated>
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- Kelly, M. (n.d.). Going back to school with a positive attitude. Retrieved from http://712educators.about.com/od/backtoschool/a/positive_start.htm - Six tips to help teachers maintain a positive attitude.
- Needlman, R. (2011). Problem-solving strategies for parents and teachers. Retrieved from https://raisingchildren.net.au/articles/problem-solving_strategies_for_parents_and_teacher.html/context/591
- Networks (2014). Retrieved from <http://www.keepingcool.edu.au/node/182>

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Segal, J., & Smith, M. (2014). Emotional intelligence. Retrieved from http://www.helpguide.org/mental/eq5_raising_emotional_intelligence.htm

Segal, J., & Smith, M. (2014). Conflict resolution skills. Retrieved from http://www.helpguide.org/mental/eq8_conflict_resolution.htm#tips

Southern Utah University. (n.d.). Teacher stress tips. Retrieved from <http://suu.edu/ed/fso/resources/teacher-stress-tips.pdf>

TES Connect (Producer). (2014). Work/life balance teaching resources. Retrieved from <http://www.tes.co.uk/worklife-balance-whole-school-teaching-resources/>

Wellbeing Australia (2014) Teacher wellbeing symposium. Retrieved from <http://wellbeingaustralia.com.au/wba/teacher-wellbeing-symposium/>

Vivyan, C. (2010). *Communication styles*. Retrieved from <http://www.get.gg/communication.htm>

University of Delaware, Centre for teaching & assessment of learning (n.d.). Positive classroom climate. Retrieved from <http://cte.udel.edu/publications/handbook-graduate-assistants/getting-started/positive-classroom-climate.html>

Welham, Holly. (2013). 10 ideas to help teachers beat stress. Retrieved from <http://www.theguardian.com/teacher-network/teacher-blog/2013/nov/06/teachers-beat-stress-10-ideas>

4 Videos

4.1. Youtube / Online Videos

Henderson, N. (2014) How resiliency happens <https://www.youtube.com/watch?v=x0AHSaff2i4>

Goldstein, S. (2014) The power of resilience <https://www.youtube.com/watch?v=isfw8JJ-eWM>

KidsMatter (2014) Component 3: Working with parents and carers -

<http://www.kidsmatter.edu.au/primary/resources-for-schools/c3-working-parents-and-carers>

Le Cornu (2011) Early Career Teacher Resilience: Relationships

<https://www.youtube.com/watch?v=tRdNPpzN-Vs>

Mitchell, J. (2012) Five ways to wellbeing teacher resource

<https://www.youtube.com/watch?v=Sa2ep3nfJQo>

TeachFind Video (2010) You don't get on with your mentor.

<http://archive.teachfind.com/ttv/www.teachers.tv/videos/you-do-not-get-on-with-your-mentor.html>.

Worsley, L. (2014) The Resiliency Doughnut: Building resilience in school

<https://www.youtube.com/watch?v=ZWuF4e8g4vI>

Worsley, L. (2014) The Resiliency Doughnut: Why do some people cope better than others?

<https://www.youtube.com/watch?v=CNYAFZUwbuc>

Ungar, M. (2014) Five Principles that Make Resilience More Likely to Occur

<https://www.youtube.com/watch?v=NBo8-kusPIU>

4.2. Videos from TeachersTV and Associated Sites (UK)

TeachersTV. (2013) Communicating With Parents. Retrieved 26th August, 2014

<https://www.youtube.com/watch?v=N4vxy-6AUpM>

ProTeachersTV. (2005) Fit-to-teach: D-Stressing. Retrieved 26th August, 2014

<http://www.proteachersvideo.com/Programme/2520/fit-to-teach-d-stressing>

Teaching Channel. (n.d.) New Teacher Survival Guide: Mentoring. Retrieved 26th August, 2014

<https://www.teachingchannel.org/videos/mentoring-for-new-teachers>

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<http://www.proteachersvideo.com/Programme/55731/time-savers-shorts-make-time-for-you>
- ProTeachersVideo. (2010) Time savers: Planning 1. Retrieved 26th August, 2014
<http://www.proteachersvideo.com/Programme/55721/time-savers-shorts-planning-1>
- ProTeachersVideo. (2010) Time savers: Organisation. Retrieved 26th August, 2014
<http://www.proteachersvideo.com/Programme/55591/time-savers-shorts-organisation>
- ProTeachersVideo. (2010) Time savers: Communication. Retrieved 26th August, 2014
<http://www.proteachersvideo.com/Programme/55491/time-savers-shorts-communication>
- ProTeachersVideo. (2008) Top tips for trainee teachers: Time management. Retrieved 26th August, 2014. <http://www.proteachersvideo.com/Programme/24981/time-management-1>
- ProTeachersVideo. (2009) The primary A to Z of :Time management. Retrieved 26th August, 2014.
<http://www.proteachersvideo.com/Programme/30915/the-primary-a-z-of-time-management>
- ProTeachersVideo. (2010) Coping with excessive workload. Retrieved 26th August, 2014.
<http://www.proteachersvideo.com/Programme/46051/coping-with-excessive-workload>
- ProTeachersVideo. (2006) Ease the load: No time to spend with my partner. Retrieved 26th August, 2014. <http://www.proteachersvideo.com/Programme/3108/no-time-to-spend-with-my-partner>
- ProTeachersVideo. (2006) Ease the load: Finding time to walk the dog. Retrieved 26th August, 2014. <http://www.proteachersvideo.com/Programme/3104/finding-time-to-walk-the-dog>
- ProTeachersVideo. (2005) Ease the load: It's about time. Retrieved 26th August, 2014.
<http://www.proteachersvideo.com/Programme/2891/it-about-time>
- ProTeachersVideo. (2007) Ease the load: Calm exterior, stressed interior. Retrieved 26th August, 2014. <http://www.proteachersvideo.com/Programme/23294/calm-exterior-stressed-interior>
- ProTeachersVideo. (2005) Primary NQTs: Work life balance. Retrieved 26th August, 2014.
<http://www.proteachersvideo.com/Programme/1465/work-life-balance>
- ProTeachersVideo. (2005) Primary NQTs: Time management. Retrieved 26th August, 2014.
<http://www.proteachersvideo.com/Programme/3240/they-didn-t-teach-me-that-time-management>
- ProTeachersVideo. (2005) Teaching with Cowley: Teacher Tension. Retrieved 26th August, 2014.
<http://www.proteachersvideo.com/Programme/1415/teacher-tension>

ProTeachersVideo. (2008) Time savers: Resources. Retrieved 26th August 2014.

<http://www.proteachersvideo.com/Programme/30048/time-savers-resources>

ProTeachersVideo. (2009) A year in the life of an NQT: Part 1 Observation and feedback.

Retrieved 26th August 2014. <http://www.proteachersvideo.com/Programme/31117/observation-and-feedback>

ProTeachersVideo. (2009) Getting motivated with Gladeana: Staying motivated. Retrieved 26th

August 2014. <http://www.proteachersvideo.com/Programme/75561/get-motivated-with-gladeana-staying>

ProTeachersVideo. (2006) Starting in the middle: Work life balance. Retrieved 26th August 2014.

<http://www.proteachersvideo.com/Programme/4954/work-life-balance-1>

ProTeachersVideo. (2009) Workload problems. Retrieved 26th August 2014.

<http://www.proteachersvideo.com/Programme/37931/workload-problems>

ProTeachersVideo. (2010) Coping with bullying managers. Retrieved 26th August 2014.

<http://www.proteachersvideo.com/Programme/43602/coping-with-bullying-managers>

ProTeachersVideo. (2007) Head for success: Am I stressed? Retrieved 26th August 2014.

<http://www.proteachersvideo.com/Programme/23720/am-i-stressed>

ProTeachersVideo. (2007) Avoiding burnout. Retrieved 26th August 2014.

<http://www.proteachersvideo.com/Programme/23408/avoiding-burnout>

Teach Find video (2010) Stress relief video: Relax with a smile. Retrieved 26th August, 2014.

<http://archive.teachfind.com/ttv/www.teachers.tv/videos/stress-relief-video-relax-with-a-smile.html>

Department of Training, Queensland (2011) What should teachers do to look after their own

wellbeing? Retrieved 26th August, 2014. <https://www.youtube.com/watch?v=jTfscOvbMo>

4.3. Videos from AITSL (Australian Institute for Teaching and School leadership) Teacher Feature

*There is a growing list of these available at <http://www.teacherfeature.aitsl.edu.au/>. The videos below are ones we have included in BRiTE thus far.

Addressing the challenges of working in a remote setting

<http://www.teacherfeature.aitsl.edu.au/videos/295>

<http://www.teacherfeature.aitsl.edu.au/videos/294>

How has social media influenced your professional practice?

https://www.youtube.com/watch?v=ogw9La_oRPQ&list=TLadqLFYtWdR8u95ZJakUGKHWNzaUVcq1e

What are your goals for this year?

<https://www.youtube.com/watch?v=F954xEIOuP4>

What inspired you to consider teaching as a career?

<https://www.youtube.com/watch?v=A7tClnGZfs8>

<https://www.youtube.com/watch?v=4nZ4clj1FDo>

<https://www.youtube.com/watch?v=KeXXK9WTwhQ#t=16>

How do your colleagues impact on your teaching?

<https://www.youtube.com/watch?v=OZswGjRgins>

What experience has had the most positive impact on your teaching?

https://www.youtube.com/watch?v=3_-XRKqn7bU

What is the most important advice you could give to a beginning teacher?

<https://www.youtube.com/watch?v=Ve-1rPii1SU>

<https://www.youtube.com/watch?v=n8sFS7RWs08>

4.4. Videos from AITSL (Australian Institute for Teaching and School leadership) Illustrations of Practice

*There is a growing list of these available at <http://www.aitsl.edu.au/australian-professional-standards-for-teachers/illustrations-of-practice/find-by-career-stage>. The videos below are ones we have included in BRiTE thus far.

<http://www.aitsl.edu.au/australian-professional-standards-for-teachers/illustrations-of-practice/detail?id=IOP00223>

<http://www.aitsl.edu.au/australian-professional-standards-for-teachers/illustrations-of-practice/detail?id=IOP00185>