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The biggest advice that I can offer to first year teachers is that you need to accept that you are not going to be a “super teacher” your first year. Your first year of teaching is really difficult and the last thing that you need to do is add **extra** pressure on yourself. You don’t have to reinvent the wheel during your first year. I am definitely not saying that you should teach in a way that doesn’t fit your style, but you should know it’s okay to ask other teachers what they are doing in their classroom.

My second piece of advice is to not spend hundreds of dollars decorating your classroom. We all know that teachers spend a lot of their own money on their classroom, some of which is completely unavoidable. But ask around your district before you start spending a lot of your own money. My first year teaching I went to Staples and probably spent \$200 on paper, pens, white board markers, manila folders, etc. I then found out that my district provided **ALL** of that. Now obviously I’m privileged to teach in a district that provides many supplies, but it still doesn’t hurt to ask what is and is not provided before you go out and buy it yourself.

My third and final piece of advice is to schedule your self-care. As a first year teacher, you are going to have a lot of work to do. Between grading, planning, evaluations, and professional development; it’s hard to find time for yourself. For that reason, I recommend that you schedule it the same way you would a staff meeting or a conference. Make it a part of your routine where skipping it doesn’t seem like an option. You can’t pour from an empty cup! Your self-care is just as important as your other meetings and responsibilities!