



AVOIDING FIRST DAY JITTERS

Tips for Preparing for a New School Year



CONGRATULATIONS ON YOUR NEW TEACHING JOB!

MEA IS HERE TO HELP

We are here for you from your time as an Aspiring Educator through your retirement. Don't hesitate to reach out to your fellow members, local leaders, or MEA staff for help.

Looking to connect with other early career educators?

MiNE - Michigan New Educators is a group designed to meet the needs of early career educators.

**Contact Annette Christiansen
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for more details.**

PREPARING FOR YOUR OWN CLASSROOM

YOUR CLASSROOM IS PART OF A LARGER COMMUNITY

1. **GET YOUR BEARINGS** - Familiarize yourself with your worksite. Find your classroom, the bathroom, cafeteria, office, lounge, library, fire exits, etc.
2. **KNOW THE RULES** - Get acquainted with policies and procedures including hours, attendance procedures, discipline procedures, drills, etc. Keep a binder.
3. **INTRODUCE YOURSELF** - Meet teachers, administrators, and support staff including custodians, office workers, and cafeteria workers. The support staff is often most helpful as you navigate your new job.
4. **DECORATE YOUR ROOM** - Make your classroom friendly, inviting, and safe for opening day.
5. **HAVE ALL MATERIALS** - Find out what materials are provided and get any supplemental materials you think you'll need. Test your equipment before the first day.
6. **PLAN, PLAN, PLAN** - Create lesson plans for the first few days. Plan at least twice as much material as you think you'll need. Write everything down. Feeling well prepared can help calm your nerves.
7. **GET THERE EARLY** - Navigating parents and buses adds time to your commute and you may be competing for a parking spot. Arriving early will give you time to ask last minute questions, go over your plans, and relax before students arrive.
8. **GREET YOUR STUDENTS** - Meet your students at the door, have assigned seating, learn names as quickly as possible. Remember they are nervous too.
9. **SET THE TONE** - Practice procedures, explain rules, start learning immediately.



SURVIVING & THRIVING

BALANCING THE DEMANDS OF THE JOB

LEAVE YOUR STRESS AT SCHOOL - there is always more you can do, but select a time of day you will stop working and stick to it.

RECOGNIZE AND ACCEPT YOUR LIMITS - No one is perfect. Be sure you set reasonable goals for yourself.

FIND A FRIEND - Find a trusted listener. It helps if the person is a teacher who can understand your job.

EXERCISE - Regular exercise like walking helps keep the body healthy and the mind clear.

GET PLENTY OF SLEEP - Get used to going to bed early during the school year.

BE GOOD TO YOURSELF - What could do more for your self-esteem than to treat yourself to dinner out or buying a treat? Always have something to look forward to. This will lift your spirits.

DON'T SCHEDULE ALL OF YOUR LEISURE HOURS - You live by a schedule all day long. Leave yourself some "open space."

DON'T FEEL YOU HAVE TO DO EVERYTHING - You can't and you won't. It's okay to say no to volunteer opportunities.

OBSERVE GOOD EATING HABITS - Eat a healthy diet of vegetables, fruit, and protein.

DON'T PROCRASTINATE - Do the things you have to do.

ASK FOR HELP - Whether it is something for your job or additional help to keep your home running smoothly, ask for help when you need it.

ENJOY YOUR BREAKS - It's okay to plan or grade on the weekend, but not all weekend. You may find that you need to work over holidays and vacations, but take some of that time to put work aside.



"Teachers have three loves: love of learning, love of learners, and the love of bringing the first two loves together."
-- Scott Hayden