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## The 2020 Educator Survival Guide

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### **A little bit about**

- ❑ Founder and CEO of Educator Alexander Consulting
- ❑ Regional Director of A+Pel: Associated Professional Educators of Louisiana

*"Self-Care is not selfish!" Dr. Desiree Alexander*

### **Pandemic Teaching**

- Surviving & Thriving- How are we taking care of ourselves?
  - As humans, we tend to stick up for others.
  - Teachers typically put others' needs before themselves.

### **Self-Care**

- We can't compare ourselves to others in how we do self-care.
  - Give yourself a cut-off time. (Use a timer)
  - Create a habit of stopping. It'll be there tomorrow!
  - Find your joy (What makes you happy?)
  - Breathing Techniques help to center you (4, 4, 4)
  - **You have permission to take care of yourself ♥**

## Technology Tips

- We have a new perspective on the use of technology
  - Teaching online focus on Instruction & Classroom management
  - We need empathy mixed in with our instruction & classroom management
  - Teaching online: There's no physical way to convert in-person teaching to online
  - You do not have to use A LOT of tech tools. Find 1 or 2 and use it well.
  - Find tools you can use in multiple ways ([Flipgrid](#), [Wakelet](#), [Screencastify](#), [GSuite](#), [Microsoft](#), etc)
  - Videos: Add the video itself instead of the link to the video so the student can download the video to the device and then go home.
  - Make material downloadable
  - Use the offline features of Chromebooks and laptops
  - Change your file size to make materials more accessible

## Equity

- Digital Equity is not a trendy topic: It has always been a challenge that needed to be addressed
  - Anti-Racist education
  - Teacher Awareness
  - Device & WiFi access
  - Remote Learning: Are we forcing students to show up at a certain time? Cameras on?
  - Camera on doesn't signify engagement: Compliance doesn't equal engagement
  - Educators need to reflect on their purpose and work towards that purpose
  - Get comfortable with being uncomfortable
  - What engages one student doesn't engage another. We must differentiate to meet all students' needs.

## Leadership

- Leaders need help too
- Avoid voices that become argumentative
- You can be a leader without the title
- Leadership comes because you take action as a leader
- You are a leader when you build someone else up in leadership
- Work in collaboration with all stakeholders.
- Leaders take input, listen, and are reflective
- To be a leader, keep learning

**Related posts on the Ditch That Textbook blog:**

- [The SEL Classroom Checklist](#)
- [Remote Learning Checklist: Tools, Tips, and Ideas](#)
- [The DDT Resource Page](#)

**Resources:**

- [Educator Alexander YouTube Channel](#)