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## Real Talk About Time Management

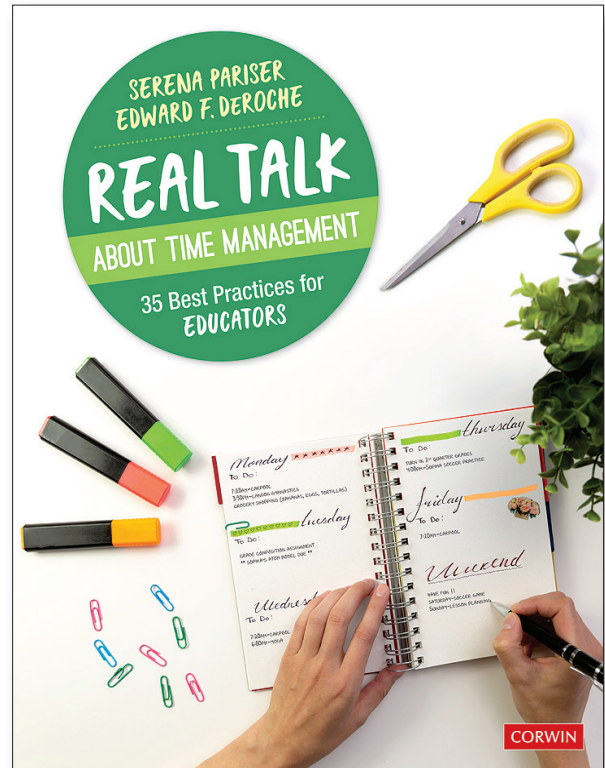
### 35 Best Practices for Educators

Serena Pariser, Edward F. DeRoche

Time management directly relates to classroom management, your personal sanity, and your overall quality of life inside and outside of the classroom. Time management experts Serena Pariser and Edward F. DeRoche are here to help you reduce stress and find more time in your day with short, practical time management strategies that can greatly improve your classroom learning environment and your mental health. Weaving wellness research with classroom-tested tips and tricks on everything from lesson planning to grading to meeting the needs of individual students, *Real Talk About Time Management* includes:

- 35 practical, teacher-proven strategies for saving time and setting personal boundaries
- Stories and vignettes from educators about proactive time management adjustments that worked
- Real anecdotes from new teachers about the challenges of time management

Students deserve teachers who are energized, optimistic, and in control of the daily grind while still having the energy and time to foster meaningful connections. Develop proactive habits for managing time and give your best self to your students.



\$26.95, \$21.95, 360 pages, ISBN: 9781544376912

*"This book is exactly what busy teachers need! I found so many tips and strategies to streamline all the busyness of planning, grading, collaborating, interacting with parents, engaging students, and even the layout of the classroom. What a joy to read!"*

— Janel Meehan

English Language Arts Teacher, Grades 6 and 7, San Diego Unified School District

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