



# Living Your Best (Work) Life

## Part 1

# A little bit about Shalee...

## Career

- > Wanted to teach 2nd grade
- > Riffed from her first job
- > Taught in one of the smallest districts in the state
- > Got a job at Engleman Elementary (2nd grade!)
- > Missed middle school 😱
- > Taught ELA at Westridge for five years
- > [21st Century!!!!](#) (aka SEL)
- > Back to ELA
- > GEAR UP

## Other (interesting) tidbits

- > Husband - Derek (also a teacher & bball coach)
- > Two boys
  - > Daxson - 10
  - > Rylen - 8
- > Coached basketball since I was a senior in high school
- > Honestly, I'm not that interesting...

# Teaching in a pandemic SUCKS!!!

1



**Emily Kooistra**  
@emily\_kooistra

My body: What a long and grueling school year this has been.

Calendar: It's been three weeks.

6:36 PM · Sep 18, 2020



**Rodney Lacroix**  
@RodLacroix

[car appreciation parade for child's teacher]

Me [hanging out window with paper]: HOW ARE WE SUPPOSED TO DO #5!?!?

6:35 AM · May 7, 2020



647 2 Share this Tweet

3



**Dave Hambleton**  
@virtualham

I accused my students of muting themselves during class today because I didn't hear laughter after I made a killer joke.

That's when a kid reminded me we're back in the classroom and I'm actually teaching them in person.

1:18 PM · May 3, 2021



2



**Typical EduCelebrity**  
@EduCelebrity

Don't encourage your students to get a gift card you'd appreciate for Teacher Appreciation Week. I doubt they could even get into the liquor store.

5:50 PM · May 3, 2021



4



**Bored Teachers**  
@Bored\_Teachers

People in April 2020:  
"Thank you teachers, y'all are absolute saints! If you EVER need anything, let us know!"

People in April 2021:  
\*crickets\*

10:25 AM · Apr 27, 2021



5

If the 2021 school year was a math problem...

**If you're going down a river at 2 MPH and your canoe loses a wheel, how much pancake mix would you need to re-shingle your roof?**

6

Nicholas Ferroni   
@NicholasFerroni

1

This pandemic has already revealed that:

- schools are so much more than just schools.
- many people now realize how tough it is to be a teacher and that teachers are grossly underpaid.
- teachers are irreplaceable and essential to learning and education. [#homeschooling](#)

♡ 141K 4:26 PM - Mar 17, 2020



Actual footage of teachers if they hear a student cough in their classroom

@studentsaywhat



2

WHEN YOU FEEL LIKE A FIRST YEAR TEACHER AGAIN,

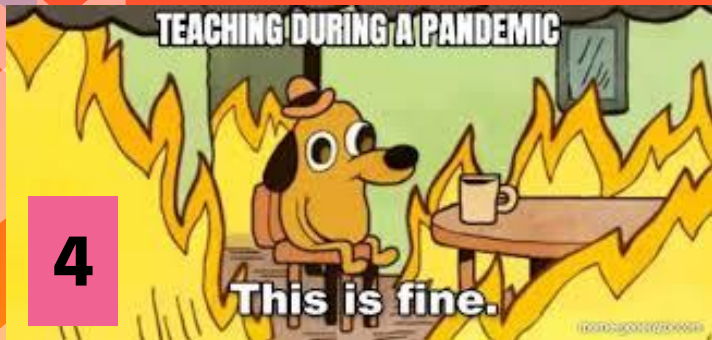
BUT GOOD OL' HARRY WONG DOESN'T HAVE A SECTION ON VIRTUAL TEACHING DURING A PANDEMIC.



3

TEACHING DURING A PANDEMIC

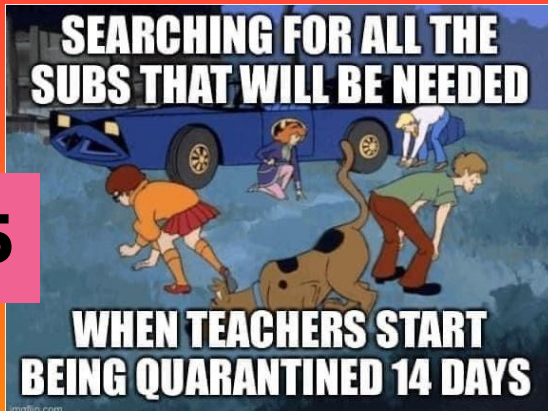
This is fine.



4

SEARCHING FOR ALL THE SUBS THAT WILL BE NEEDED

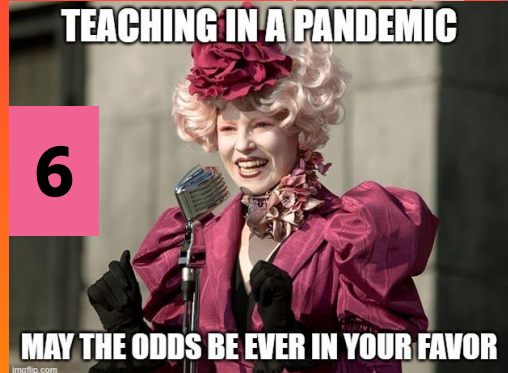
WHEN TEACHERS START BEING QUARANTINED 14 DAYS



5

TEACHING IN A PANDEMIC

MAY THE ODDS BE EVER IN YOUR FAVOR



6

Gave us some good tweets & memes though!

# How do we make the 187 days at school this year the best possible???

Teachers putting a positive spin on everything like we always do:



# Where are you on the spectrum?

Debbie

Parker



# Where are you on the spectrum?

**Debbie**



**Parker**



# Progress Report for Grades One and Two

GRAND ISLAND PUBLIC SCHOOLS  
GRAND ISLAND, NEBRASKA  
School Year 19<sup>86</sup> 19<sup>87</sup>



Child Shalee Kenny

Teacher Mrs. Cindy Beaman

Principal Eugene Schneberger

School Stolley Park Grade Level 2

Dr. Larry L. Dlugosh, Superintendent of Schools

## STATEMENT OF PHILOSOPHY

This report card is one link in the chain of communication between the school and the home. The evaluation of your child's achievement is judged in relation to his/her learning capacity, effort and degree of mastery as judged by the teacher.

The report card by itself **cannot** give you a complete picture of your child's achievement. Other links in the communication chain which will help complete the picture are parent-teacher conferences, samples of your child's work, parental visits to the school and family participation in school activities.

Research indicates that we can inherit many traits including optimism, self-esteem, and happiness. A landmark study in 2016 that formally linked happiness to genetics involved the DNA of nearly 300,000 people. Despite your genetic makeup, there are ways you can learn to be happier, even in difficult times.

Shalee, it has been so fun having you in my class for two years. We really enjoyed your bubbly smile and enthusiasm. I hope you always continue to be that happy. You will make a super third-grader!

5-87



# What does the science say about negativity?

1. Complaining rewires brain. - "Synapses that fire together wire together."
  - a. The shortest distance between synapses wins the race.
  - b. It works both ways.
2. Hanging out with complainers has the same effect.
  - a. Brains are wired to imagine what others are experiencing (mirror neurons).
  - b. Try to be positive around negative people.
3. Complaining reduces the size of the hippocampus, which is responsible for memory and problem solving.
  - a. Complaining/hearing someone complain for 30 minutes can physically damage your brain.
4. When we complain, the hormone cortisol is released into the body, activating the fight-or-flight response, which redirects blood, oxygen, and energy away from non-essential systems.
  - a. Higher risk of heart disease, high cholesterol, and strokes
  - b. Optimists have a 55% lower risk of death across all causes and 23% less like to die of heart disease.




# Negativity sucks; I get it. So now what?



**Here comes the good  
stuff...STRATEGIES!!!**

# Best. Strategy. EVER!!!

**Managing Interpretations**

IF LIFE GIVES YOU LEMONS  
  
**KEEP THEM**  
BECAUSE, HEY, FREE LEMONS

aka



**The Frame**

aka

**Reframe Your Mindset**

~~Problem~~

Opportunity



When you can't  
control what's  
happening, challenge  
yourself to control  
the way you respond  
to what's happening.  
**That's where your  
power is.**

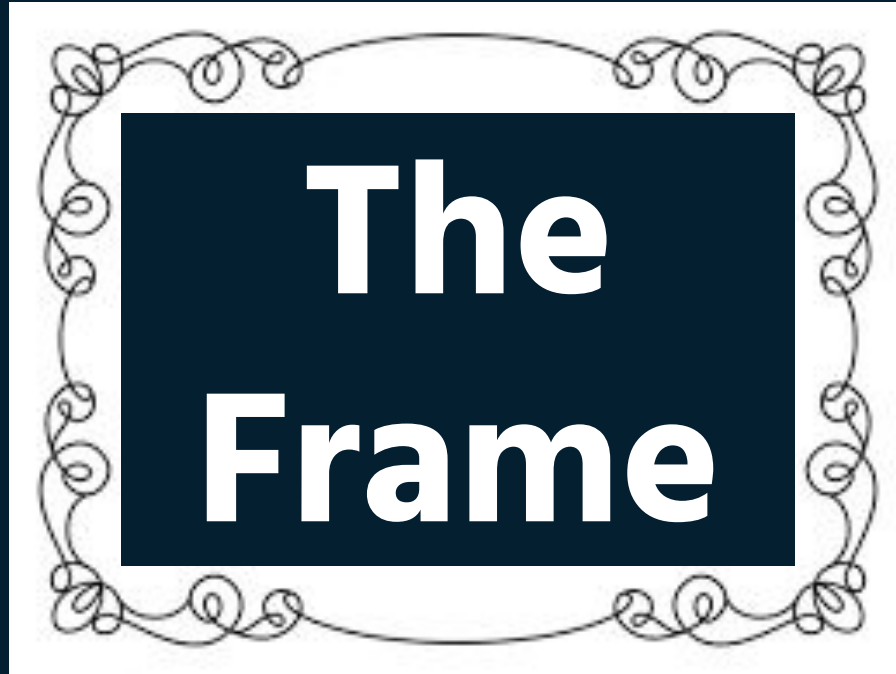
## Basic Process for Managing Interpretations

Ask yourself these four questions:

1. What is my current interpretation of the situation?
2. What is the most likely outcome given my current interpretation?
3. What would be a better outcome?
4. How must I change my interpretation in order to obtain a better outcome?



**Let's dig  
deeper!**

A decorative frame with a white background and a black border. Inside the frame, the words "The" and "Frame" are written in a large, white, sans-serif font on a black rectangular background. The frame is surrounded by a white background with a black, ornate, scrollwork border. The entire frame is centered on a dark blue background with colorful geometric shapes on the left and right sides.

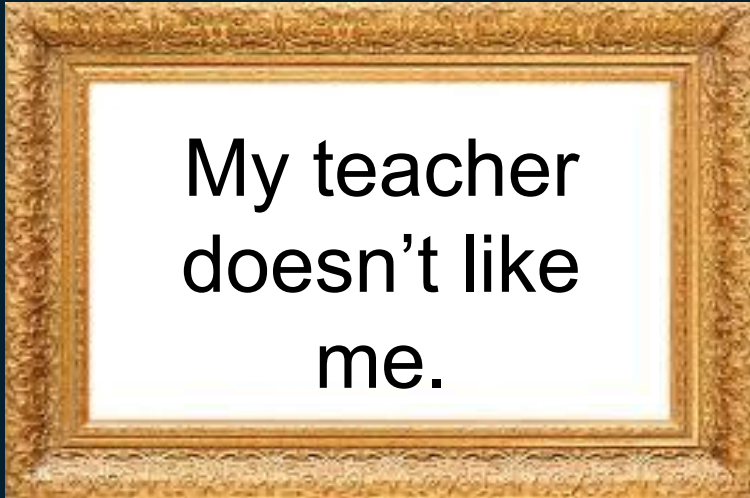
# The Frame

Bernabei, Paul, et al. *Top 20 Teens: Discovering the Best-Kept Thinking, Learning & Communicating Secrets of Successful Teenagers*. 2nd ed., Top 20 Press, 2008.



Q1: What is my current *interpretation* of the situation?

**SEE**  
(perception)



**FEEL**

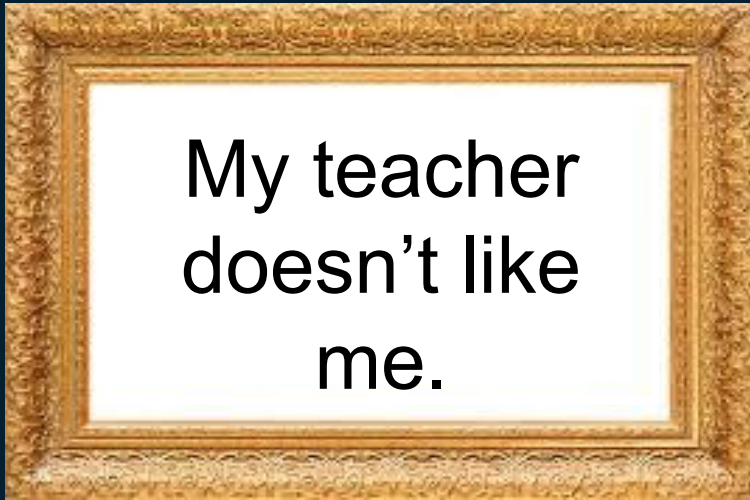
**GET**

**DO**

- Treats you differently than other students
- Redirects you (feels like all the time)
- Sends you to the office
- Calls your parents
- Keeps you after school
- Gives you a bad grade

Q1: What is my current *interpretation* of the situation?

**SEE**  
(perception)



**FEEL**

**GET**

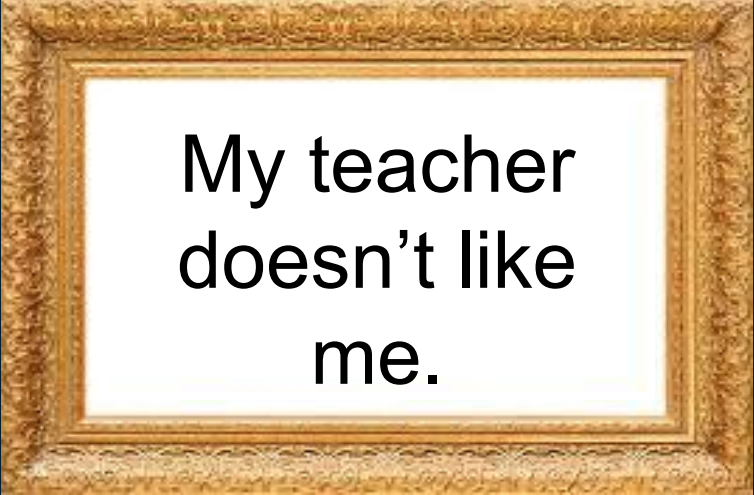
**DO**

- Mad
- Unmotivated
- Angry
- Annoyed
- Frustrated
- Disappointed
- Depressed
- Confused
- Irritated
- Sad

Q1: What is my current *interpretation* of the situation?

**SEE**  
(perception)

**FEEL**



My teacher  
doesn't like  
me.

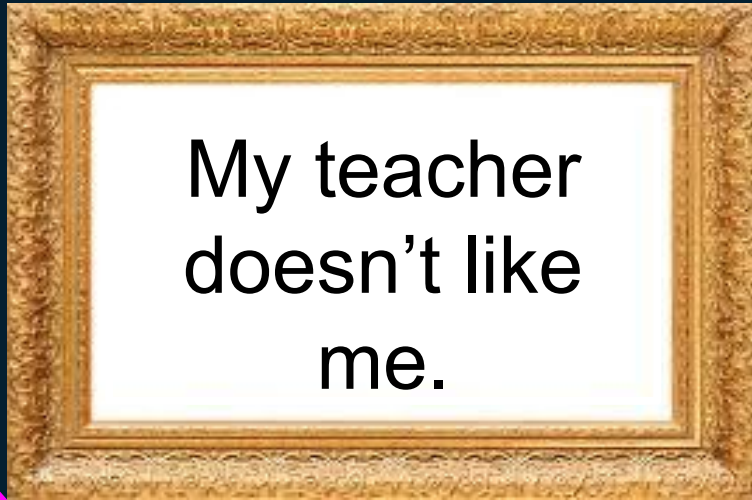
**GET**

**DO**

- Retaliate
- Not do your work
- Give little or no effort
- Not participate
- Disrespectful
- Talk during instruction
- Disruptive
- Not pay attention

Q2: What is the most likely outcome given my current *interpretation*?

**SEE**  
(perception)



**FEEL**

- Sent to the office
- Bad grade
- Negative communication home
- Redirected by teacher
- Stay after school
- ISS

**DO**

**GET**  
(outcomes)

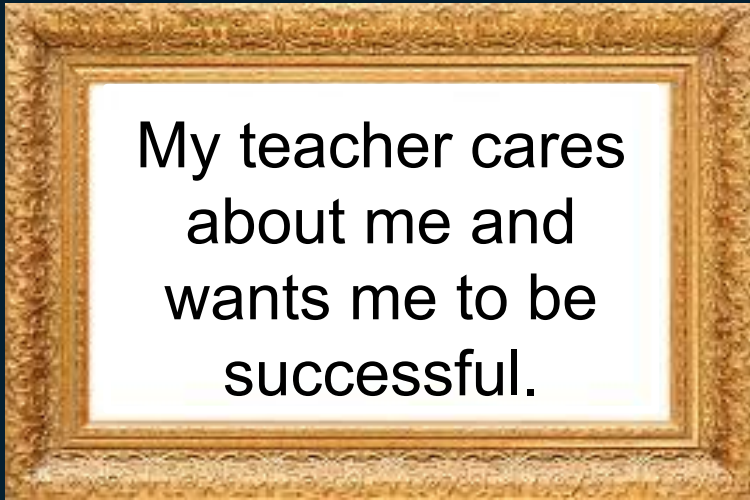
**Q3: What would be a better outcome?**



Q4: How must I change my current *interpretation* to obtain a better outcome?

**SEE**  
(perception)

**FEEL**



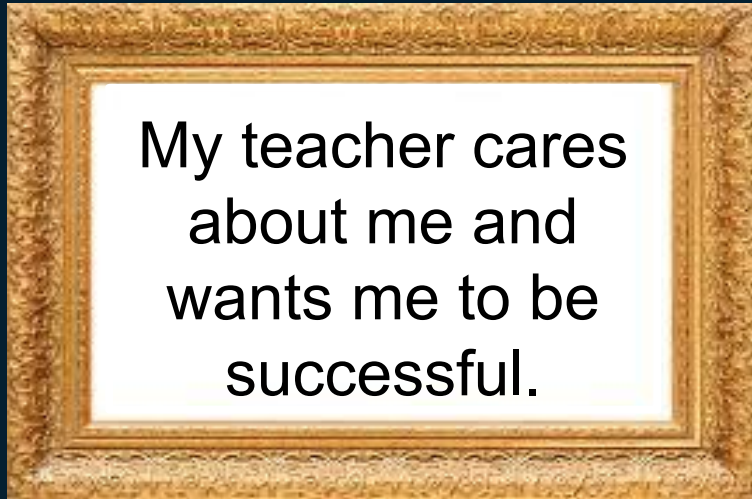
**GET**

**DO**

- Treats students based on what they need
- Treats students based on their trust fund
- Uses negative consequences to help me learn
- Takes time out of their day to help me learn appropriate behavior

Q4: How must I change my current *interpretation* to obtain a better outcome?

**SEE**  
(perception)



**FEEL**

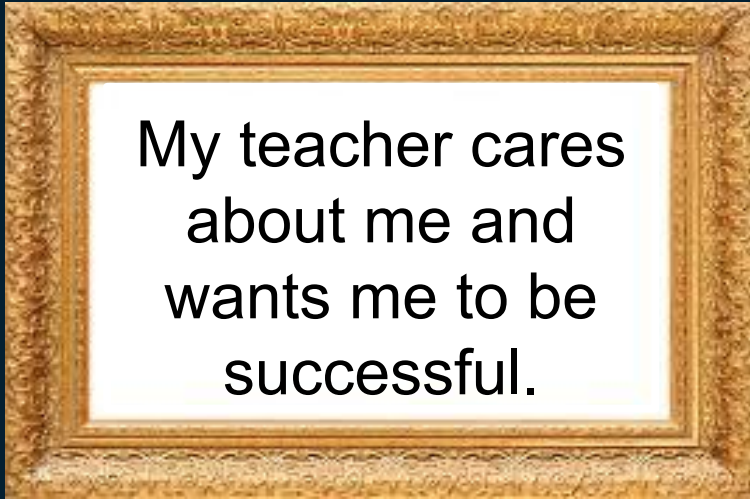
**GET**

**DO**

- **Confident**
- **Happy**
- **Motivated**
- **Comfortable**
- **Safe**
- **Loved**
- **Accepted**
- **Valued**
- **Appreciated**

Q4: How must I change my current *interpretation* to obtain a better outcome?

**SEE**  
(perception)



**FEEL**

- **Respectful**
- **Follow directions**
- **Give effort**
- **Get work done**
- **Participate**
- **Stay on task**
- **Pay attention**
- **Be positive**

**GET**

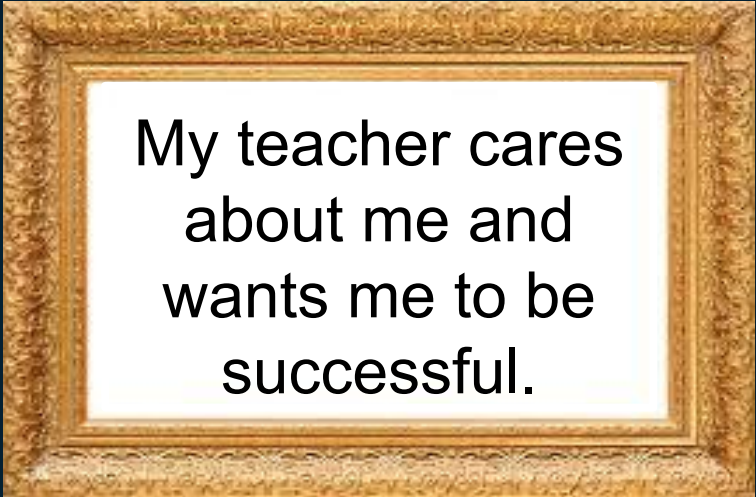
**DO**



Q4: How must I change my current *interpretation* to obtain a better outcome?

**SEE**  
(perception)

**FEEL**



My teacher cares  
about me and  
wants me to be  
successful.

**DO**

- **Positive communication home**
- **Compliments**
- **Positive attention**
- **High grades**
- **High trust fund**
- **Rewards and/or privileges**

**GET**  
(outcomes)

The background features several overlapping, semi-transparent geometric shapes in various colors including green, blue, orange, pink, and red, creating a dynamic and modern aesthetic. The shapes are arranged in a way that suggests movement and depth.

# Living Your Best (Work) Life

## Part 2

**It's all about  
your  
PERCEPTION!**

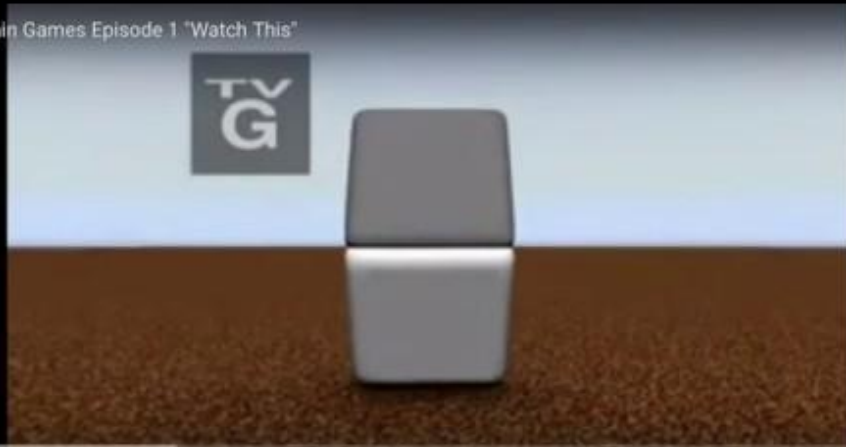
# What do you see?



# PERCEPTION

the way that you notice or understand something using one or more of your senses

Brain Games Episode 1 "Watch This"



0:08 / 45:13

Brain Games Episode 1 "Watch This"



4:02 / 45:13

Sometimes our PERCEPTIONS are MISPERCEPTIONS, which turn into MISCONCEPTIONS, which can lead to conflict.





Seneca

@CryptoSeneca

Easy to spot a yellow car when you are always thinking of a yellow car.

Easy to spot opportunity when you are always thinking of opportunity.

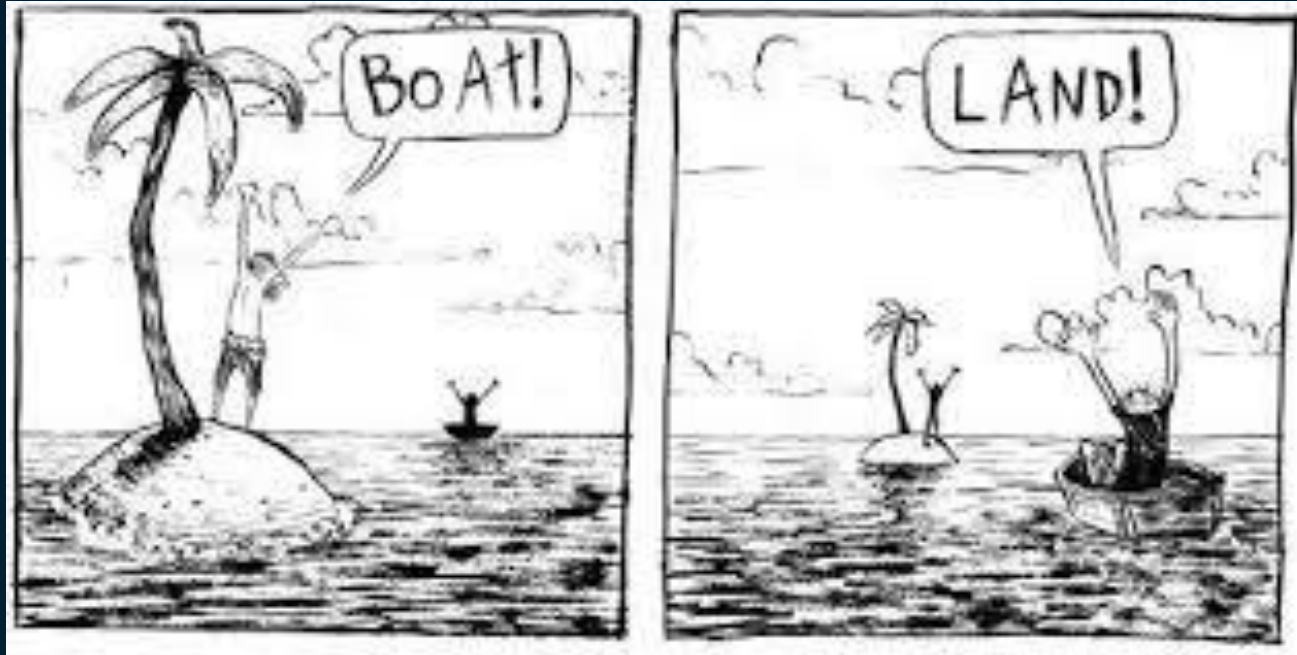
Easy to spot reasons to be mad when you are always thinking of being mad.

You become what you constantly think about. Watch yourself.

8:50 PM · 15/01/2019 · [Twitter for iPhone](#)



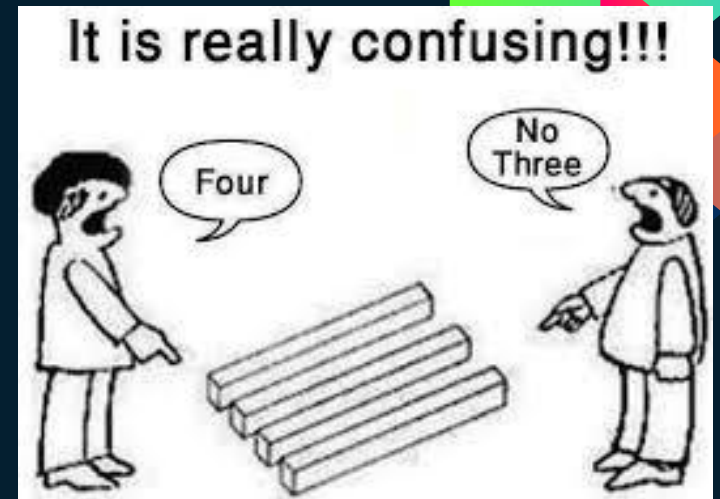
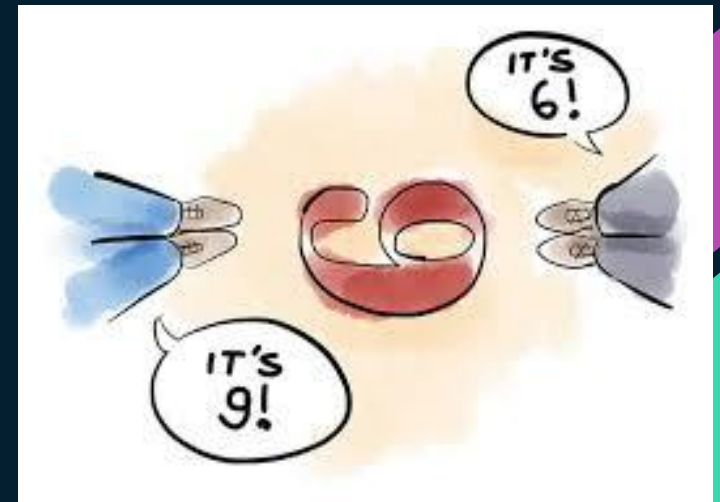
How can we change our **PERCEPTION**?



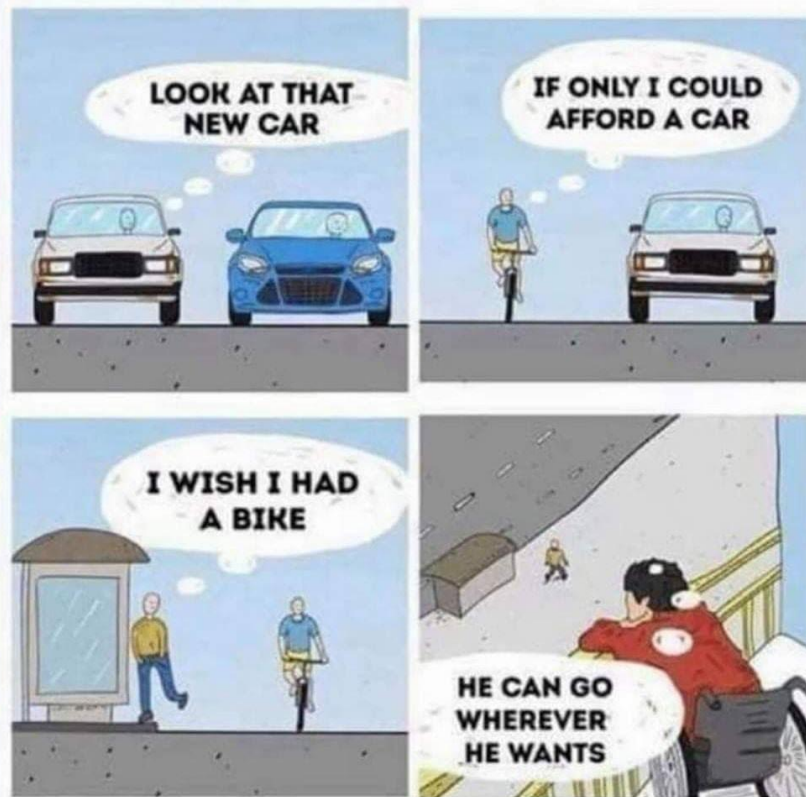
By looking at it from another **PERSPECTIVE**.



# PERSPECTIVE



Be thankful for what you have.



Perspective is everything

# Perspective



*I hate it when my house is so big,  
I need two wireless routers.*

# PERSPECTIVE

**When did you realize you wanted to be a teacher?**

**Why did you want to be teacher?**

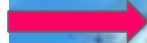
"I do this for the money," said no teacher ever.



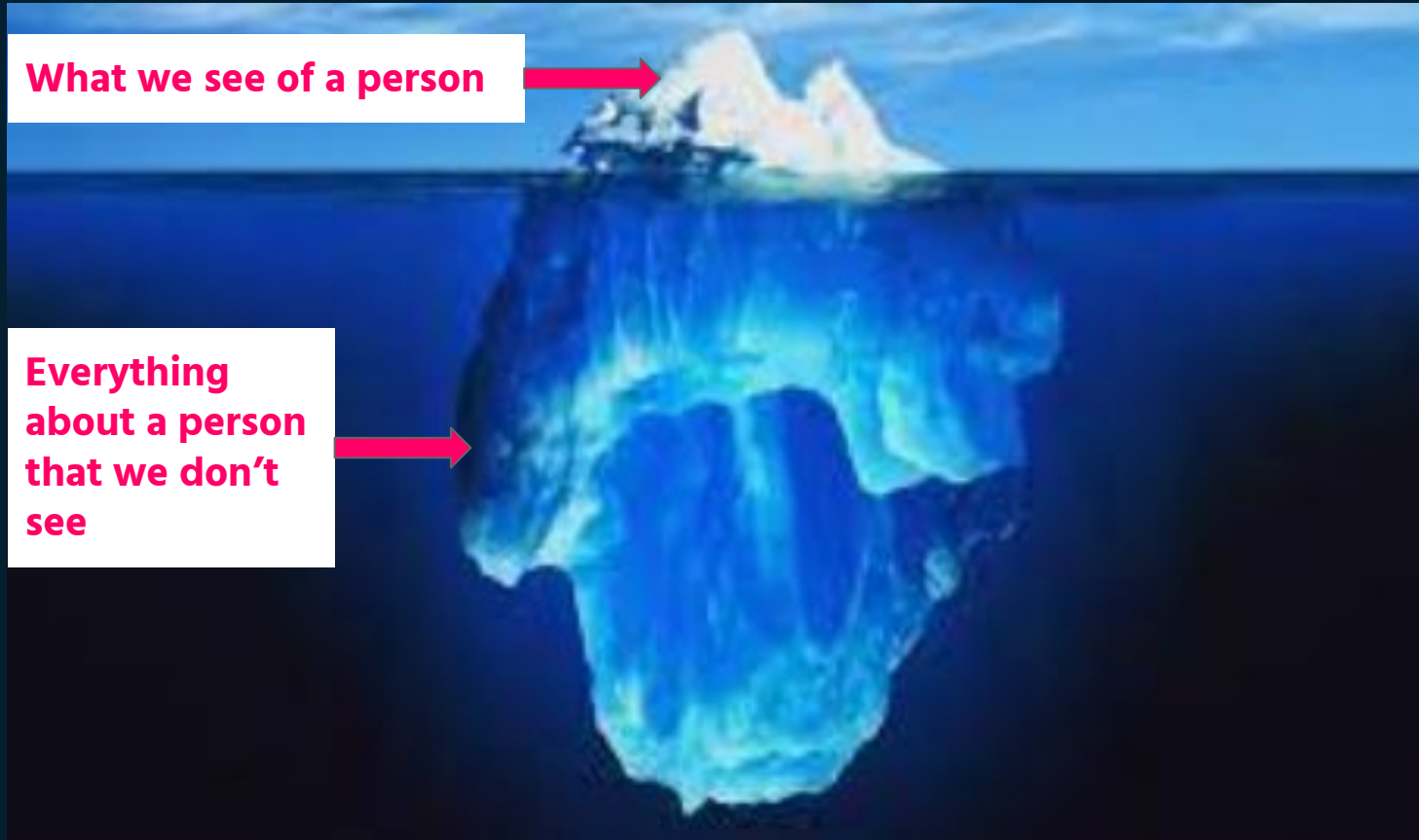
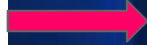
your e cards  
someecards.com

**So...what if my  
negative  
interpretation is not  
of a situation, but  
of a PERSON?**

**What we see of a person**



**Everything  
about a person  
that we don't  
see**



# Perspective Analysis

1. How do I feel about this topic/subject/issue/situation?
2. Why do I feel that way?
3. Who might feel differently?
4. Why might they feel differently?
5. Reflection





Are 'mental health issues' now the go-to excuse for any poor performance in elite sport? What a joke. Just admit you did badly, made mistakes, and will strive to do better next time. Kids need strong role models not this nonsense.

15:24 · 27 Jul 21 · Twitter for iPhone



# EMPATHY





# Real-life scenarios

Student doesn't do any homework, and often doesn't do classwork and draws instead.

He has 7 younger siblings, one with severe autism and mom makes him take care of them when he gets home from school. He feels like mom only takes care of his basic needs. Rarely gets to see his dad, who lives in Omaha and is remarried with a new baby. Suffers from depression, but mom doesn't get him help.

Student absolutely refuses to read the novel or do any work associated with novel.

The name of the main character in the novel has the same name of the man who sexually abused her as a child.

Student is constantly disruptive in class and rarely turns in work.

Recently moved in with grandparents because mom was sent to prison for stealing. Dad is not in the picture and also has 13 other children by several different women. Grandparents also have custody of two older sisters. One sister has a violent boyfriend and the other sister and her friends try to get him to smoke pot, even though he doesn't want to because he doesn't want to go to prison like his mom.

# Real-life scenarios

New colleague was just hired. She has five years teaching experience in another district. During PLC meetings new colleague talks about her successes and often comes off as arrogant.

She thinks highly of her colleagues and wants to impress them. She can tell her team teachers are very good at what they do and are extremely knowledgeable. She's intimidated by their ability and expertise and actually feels extremely insecure.

New boss is hired. Old boss was very good at her job and employees liked her a lot. New boss is very different from old boss and is very much a micromanager and thinks employees should not be allowed to disagree with her because, "she's the boss."

New boss is overweight and is extremely self-conscious about it. She has been overweight her entire life and was severely bullied in school because of it. She wants to be in charge because it makes her feel better about herself and that she'll be respected. She really wants to be a good boss, but doesn't know how.

Boss is irritable and short-tempered. He isn't following through on some of the things he said he'd do. Some of the decisions he's made don't make sense.

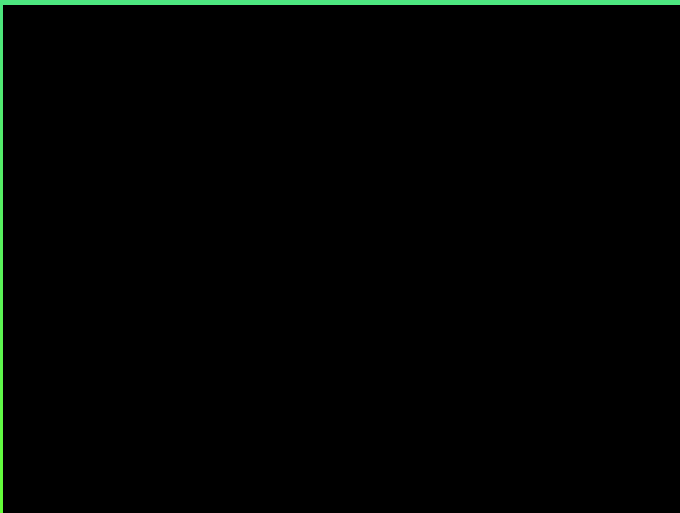
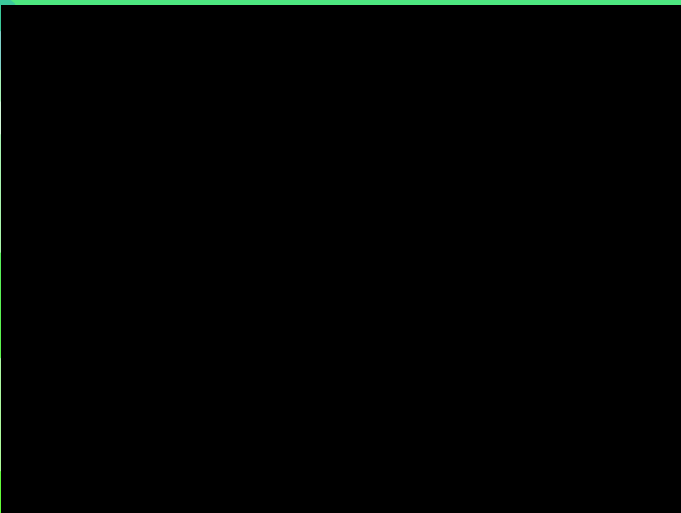
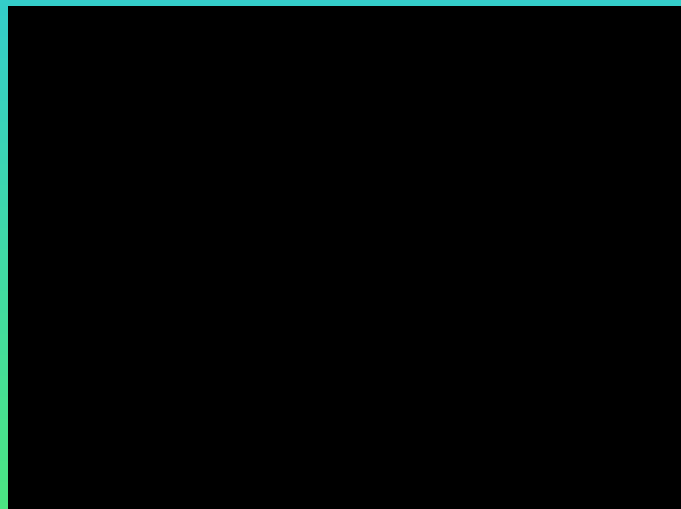
His son has been struggling with suicidal thoughts. He has no idea what to do and he's constantly worried about him. He and his wife are not on the same page about how best to help him so there is a lot of tension between them. He's not getting much sleep and has trouble concentrating while at work.

How do we make the 187 days at school this year the best possible???

## Ideas that can put you in a good mood:

- Gratitude
- Music
- Jokes
- Motivation Monday
- Fun Video Friday
- Inspiration
- Fill Buckets





**Questions?**

**slindsey@gips.org**



**Have a great day!!!**

**Survey**

**[shorturl.at/iGINR](https://shorturl.at/iGINR)**