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Zeit- und Selbstmanagement. Ein Überblick mit Kursreflexion

Studienarbeit

Zeit Selbstmanagement Ein Berblick Kursreflexion

Alexandra Baum



Zeit Selbstmanagement Ein Überblick Kursreflexion:

Zeit- und Selbstmanagement. Ein Überblick mit Kursreflexion Alexandra Baum, 2015-05-06 Studienarbeit aus dem Jahr 2015 im Fachbereich Didaktik Allgemeine Didaktik Erziehungsziele Methoden Note 1,7 Albert Ludwigs Universität Freiburg Seminar für Lehrerbildung Veranstaltung erleben als Lehrer in Sprache Deutsch Abstract Jeder kennt mittlerweile das Sprichwort Lehrer haben vormittags Recht und nachmittags frei Laut einem Teil der Bevölkerung hätten Lehrkräfte andauernd Ferien verdienten viel Geld und am Ende ihres Berufslebens erwarte sie eine hohe Pension Dies ist zwar eine verlockende Berufsbeschreibung aber leider weit verfehlt Die Aufgaben eines einer Lehrers Lehrerin sind weitaus vielfältiger Vor und Nachbereitung des Unterricht Aufsicht während den Pausen pädagogische und fachspezifische Konferenzen Elterngespräche Klassenlehreraufgaben Schüler AGs Schulprojekte und Clubs organisieren und beaufsichtigen Klassenfahrten planen und vieles mehr Die Besonderheit des Lehrerberufs bringt es mit sich dass eine Vielzahl der Aufgaben im schulischen Bereich der Lehrperson erledigt werden Dies führt häufig dazu dass sich die schulischen Belange mit dem Privatleben der Lehrkraft vermischen Erschwerend kommt hinzu dass Lehrer in ihrer Vorbildfunktion ihre Aufgaben bestmöglich organisiert und fristgerecht erledigen sollten Schon seit langem fühlen sich viele Lehrerinnen berfordert und kommen mit der Spannweite an Aufgaben nicht mehr zurecht Schlimmstenfalls führt die unmöglichkeit Trennung von Berufs und Privatleben sowie die hohen Anforderungen von Seiten der Gesellschaft Eltern Kollegen und Kindern zu dem sogenannten Burnout Syndrom Arbeitsunfähigkeit und Fröhberentung Die Herausforderungen eines Lehrers einer Lehrerin unterscheiden sich deutlich von denen anderer akademischer Berufe sodass die langfristige dauerhafte Belastung nur durch gute psychische und physische Stabilität kompensierbar ist Lehrerinnen ohne diese Stabilität mit einer schlechten Problemverarbeitungstaktik und niedriger Frustrationstoleranz brauchen Strategien und Skills zur besseren Bewältigung der angedeuteten Aufgaben und Herausforderungen Gerade Lehrerinnen müssen Grenzen schaffen und Struktur in den beruflichen und privaten Alltag bringen Diese Hausarbeit gibt einen kurzen Überblick zum Thema Zeit und Selbstmanagement für Lehrer und Lehrerinnen Zu Beginn wird das Thema Zeitmanagement behandelt und Methoden und Strategien erklärt die bei der Planung von Aufgaben helfen sowie die persönliche Arbeitsweise optimieren können Der zweite Teil dieser Arbeit befasst sich mit dem Selbstmanagement und definiert die Wichtigkeit von Berzeugungen und Frustrationstoleranz

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