

Alexandra Baum

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 erwartete sie eine hohe Pension. Dies ist zwar eine verlockende Berufsbeschreibung, aber leider weit verfehlt. Die Aufgaben eines Lehrers/Lehrerinnen sind weitaus vielfältiger. Vor und Nachbereitung des Unterrichts, 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 häuslichen Bereich der Lehrperson erledigt werden muss. 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 überfordert und kommen mit der Spannbreite an Aufgaben nicht mehr zurecht. Schlimmstenfalls führt die unmöglichkeit der Trennung von Berufs- und Privatleben sowie die hohen Anforderungen von Seiten der Gesellschaft, Eltern, Kollegen und Kindern zu dem sogenannten Burnout Syndrom, Arbeitsunfähigkeit und Frustration. Die Herausforderungen eines Lehrers/Lehrerinnen 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 Überzeugungen und Frustrationstoleranz.

Zeit Selbstmanagement Ein Berblick Kursreflexion Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Zeit Selbstmanagement Ein Berblick Kursreflexion**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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