



## Mattering: A Summer Checklist for Teachers

	Element	Action
✓	Community	Introduce yourself to new staff members that will be working closely with you in the upcoming year. Building a sense of community can start as quickly as a conversation at a coffee shop and can pay dividends as the school year starts.
✓	Authenticity	Reflect on what it means to be the “real you.” Do you have times during the school day that are exhausting because you feel you have to be a different person? Think about ways in which you can be your true self and a professional at the same time. It could lead to a conversation with the principal, or it could mean a change in your own mind set.
✓	Flow	Identify an activity or skill during the school day when time seems to drag. Be specific and targeted. Start small. What can you do to hone your skills in that area? Perhaps reading a book or articles related to that skill will give you ideas on how to tackle the gap between the challenge and your skill level. As that gap closes, a sense of flow is more likely to follow.
✓	Purpose	Reflect on your mission and passion. People’s passions can change over time. Does it match the mission and vision of the school? If not, why not?
✓	Assimilation	Identify one thing you hate doing as a part of your regular job responsibilities. Is it necessary to achieve the goals of the school? Can you “job swap” with someone that enjoys it? If it is something you must do, how can you shift your mindset? (Also, see job crafting.)
✓	Job crafting	Investigate ways to craft your tasks to make them more efficient and effective for you. Think about paperwork you need to complete – can you streamline the process? Brainstorm ideas with others on how to create processes to save time. (Also, see assimilation.)
✓	Job stability	Discuss possible upcoming changes in personnel or assignments with school leaders. What is causing the most anxiety and stress about the change? What can leaders do to help ease job shifts? How can you help fellow teachers with job transitions?
✓	Compensation	Consider ways in which the school or district could compensate you in ways other than a salary increase. Talk to the building principal about forming a planning committee to investigate some possibilities. Some districts offer independent financial planners to assist employees with a variety of financial planning. Free telehealth in addition to health insurance may also help defray out-of-pocket expenses.