

PROFESSIONAL LEARNING #SELF CARE FOR SCHOOL & DISTRICT LEADERS


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STRATEGIES TO IMPROVE YOUR EFFICIENCY, EFFECTIVENESS, AND ENJOYMENT AS A TRANSFORMATIONAL LEADER

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ISTE STANDARDS FOR EDUCATION LEADERS

 Connected Learner	
Leaders model and promote continuous professional learning for themselves and others. Education leaders.	
5a	Set goals to remain current on <u>emerging technologies</u> for learning, <u>innovations in pedagogy</u> and advancements in the <u>learning sciences</u> .
5b	Participate regularly in online <u>professional learning networks</u> to collaboratively learn with and mentor other professionals.
5c	Use technology to regularly engage in <u>reflective practices</u> that support personal and professional growth.
5d	Develop the skills needed to <u>lead and navigate change</u> , <u>advance systems</u> and promote a <u>mindset of continuous improvement</u> for how technology can improve learning.

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SET GOALS TO **REMAIN CURRENT** ON EMERGING TECHNOLOGIES FOR LEARNING, INNOVATIONS IN PEDAGOGY AND ADVANCEMENTS IN THE LEARNING SCIENCES.

ISTE Standard for Education Leaders: 5A

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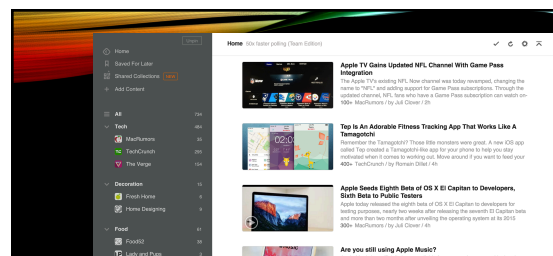
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The screenshot shows a Feedly interface with a sidebar on the left containing categories like Home, Saved For Later, Recent Duplicates, Add Content, All, Tools, Mac OS, TechCrunch, The Verge, Deviation, Fresh Herald, Home Designing, Food, Food52, and Lady and Pats. The main content area displays several article cards, including 'Apple TV Gains Updated NFL Channel With Game Pass Integration', 'Top 10 An Adorable Fitness Tracking App That Works Like A Tumbler', and 'Apple Beats Eighth Beta of OS X El Capitan to Developers, Beta Beta to Public Testers'.

FEEDLY & FLIPBOARD

Create custom feeds that draw from across multiple platforms

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SET GOALS TO REMAIN CURRENT ON EMERGING TECHNOLOGIES FOR LEARNING, **INNOVATIONS IN PEDAGOGY AND ADVANCEMENTS IN THE LEARNING SCIENCES.**

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FACT OR FICTION

Learners are either left-brain or right-brain dominant. The left side of the brain is the logical, analytical half while the right side of the brain is the creative and emotional half.

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FACT OR FICTION

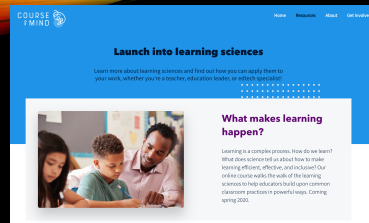
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fMRI scans reveal that we use both sides of our brain to carry out most tasks. People generally don't show dominance of one or the other side of the brain.

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COURSEOFMIND.ORG
ISTE's Learning Sciences Initiative

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PARTICIPATE REGULARLY IN **ONLINE PROFESSIONAL LEARNING NETWORKS** TO COLLABORATIVELY LEARN WITH AND MENTOR OTHER PROFESSIONALS.

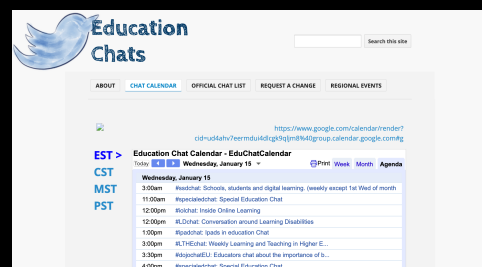
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TWITTER EDUCATION CHATS



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MENTORING OTHERS
STARTS WITH THE SELF

Pathways to
Well-Being

Helping Educators
(and Others) Find Balance
in a Connected World

Susan Brooks-Young & Sara Armstrong

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USE TECHNOLOGY TO REGULARLY ENGAGE
IN **REFLECTIVE PRACTICES** THAT SUPPORT
PERSONAL AND PROFESSIONAL GROWTH.

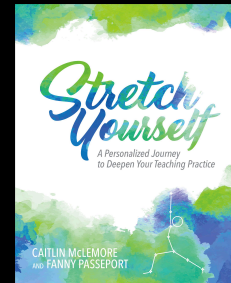
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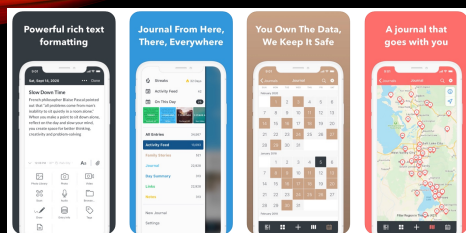
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SELF-REFLECTION
Advice from Stretch Yourself
author, Caitlin McLeMore



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DAY ONE JOURNAL APP

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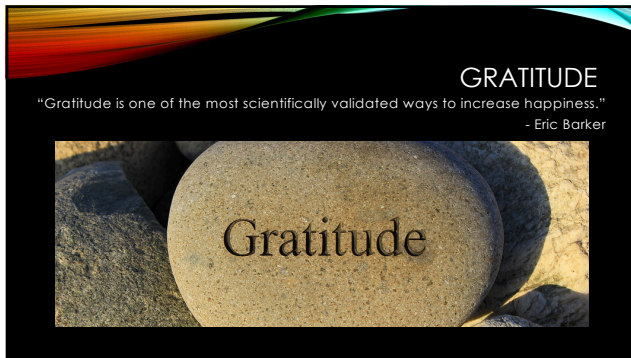
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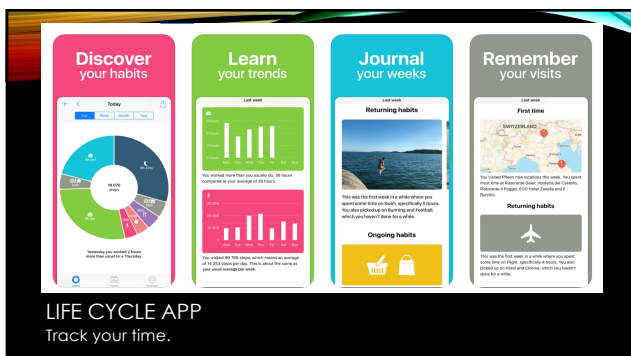
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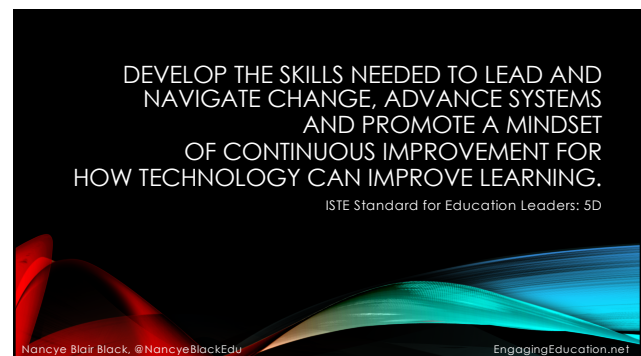
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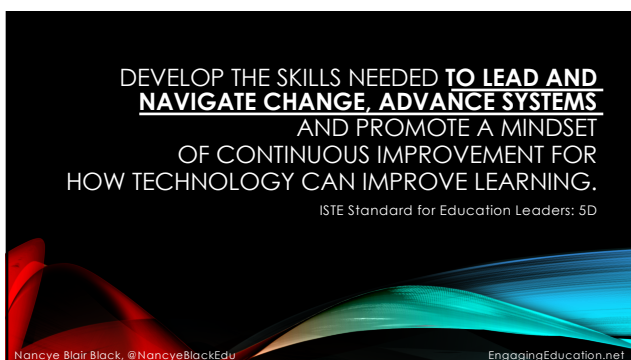
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