Apr 8th, 9:00 AM - 10:00 AM

Keeping the Fire Alive: Causes and Means of Prevention for Teacher Burnout

Stephanie Hajdu  
*Illinois Wesleyan University*

Stephanie Olsen  
*Illinois Wesleyan University*

Leah Nillas, Faculty Advisor  
*Illinois Wesleyan University*

Follow this and additional works at: [http://digitalcommons.iwu.edu/jwprc](http://digitalcommons.iwu.edu/jwprc)

[http://digitalcommons.iwu.edu/jwprc/2006/posters/13](http://digitalcommons.iwu.edu/jwprc/2006/posters/13)
KEEPING THE FIRE ALIVE: CAUSES AND MEANS OF PREVENTION FOR TEACHER BURNOUT

Stephanie Hajdu and Stephanie Olsen and Leah Nillas*
Educational Studies Department, Illinois Wesleyan University

A career in elementary education affords an individual with the opportunity to positively influence the future of children. Due to the nature of the profession and the responsibility it demands, teaching becomes a highly stressful occupation and teachers are at a high risk for burnout. This study identified major causes and means of prevention for teacher burnout. Data was collected from an analysis of current literature, twenty-four teacher surveys, and six personal interviews with teachers from one public elementary school located in Central Illinois. The findings of this study represent a comprehensive collection of the causes and prevention of teacher burnout based on literature, and teachers' personal experiences. Through this research, it is hoped that preservice teachers, teachers, and administrators gain practical knowledge in preventing teacher burnout in their workplace.