

Here's what I think ...

By Ty Ankrom

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We've all done it.

Stood in a store line and thought "I could ring up groceries faster."

Dealt with a customer-service representative and thought, "I would provide better service than this guy."

Waited too long in a doctor's office and thought, "I would be much better with time-management if I were a doctor."

So is it any surprise that people are quick to assume they can teach? Who in education doesn't battle the misperception that teaching is an easy job, with a 7-to-3 day and summers off?

Knewton, an education technology company, created an infographic that illustrates – literally – just how demanding teaching is. The infographic details how much time teachers spend teaching, then breaks it down by in-classroom and classroom-preparation time. But those are just two of the categories.

Teachers also spend time grading papers, meeting with parents, meeting with students, fulfilling administrative work and, somehow, finding time to serve as coaches and advisors for extracurricular activities.

Teaching is an evolving profession and the graphic points out that several factors make it challenging:

- Growing class size
- Growing diversity of student needs
- Increasing number of standards and regulations that teachers must meet

View the full infographic at www.knewton.com/wp-content/uploads/Knewton-What-it-takes-Teachers-08apr-2014-FINAL.jpg.

An article this week on The Guardian's Web site focused on how teachers can achieve a greater work/life balance.

One suggestion was to make time for yourself to pursue a hobby or ensuring you get enough sleep. "If you are fit and healthy – physically and mentally – you will be able to perform better in the classroom and do the best for your pupils."

Another was to be willing to give and receive support to and from your co-workers. Take advantage of the strengths of your colleagues and be willing to share your abilities.

Read all of the suggestions at www.theguardian.com/teacher-network/2014/dec/10/ten-tips-teachers-worklife-balance.

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