



Understanding Mr. Smith's Challenges

Mr. Smith faces emotional and professional hurdles, impacting his happiness and career as a teacher.

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Identifying the Problems

1 Low Happiness

Mr. Smith's joy in teaching is diminished.

2 Weak Values

His core values are not supporting his career.

3 Job Burnout

He is experiencing severe burnout.

(Madigan et al., 2021)

Path to Improvement

1

Professional Skills

Mr. Smith should enhance his teaching methods and strategies to respond to challenges ahead.

2

Regular Training

Engaging in training programs can aid skill improvement through the school.

3

Peer Learning

Collaboration with colleagues can offer new insights.

(Vadahi and Lesha, 2015)



Addressing Burnout

1

Professional Treatment

Online REBT (Rational Emotive Behavior Therapy) intervention could be beneficial and effective for reducing symptoms.

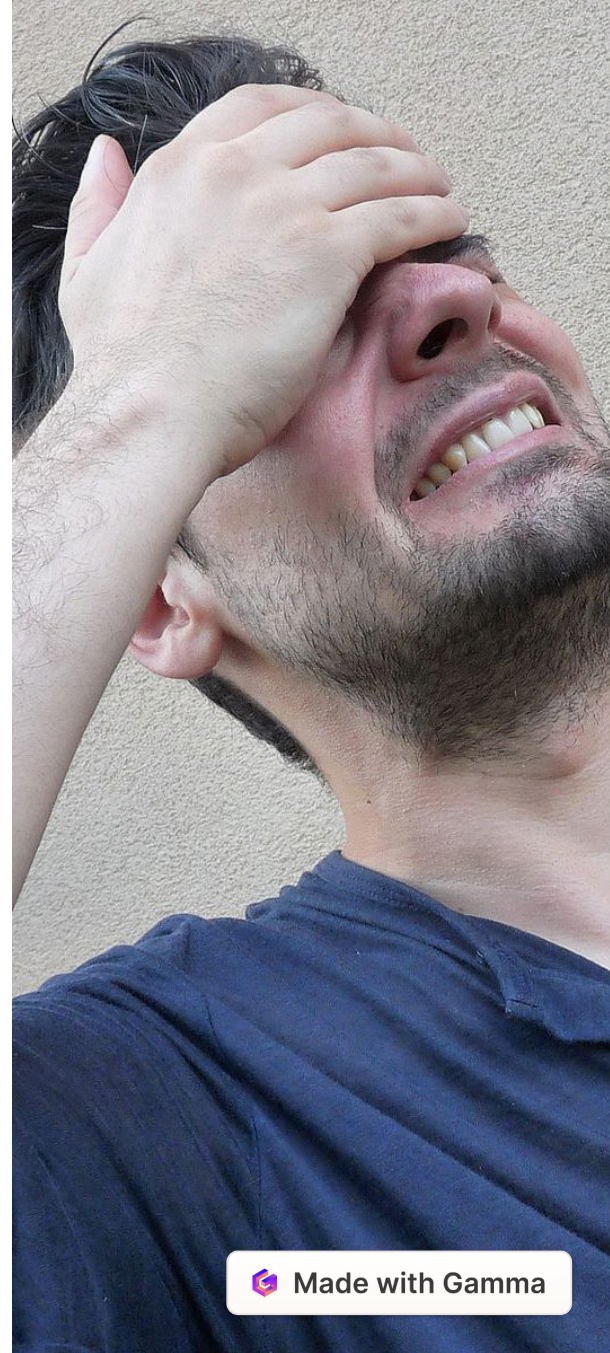
(Eseadi et al., 2023)

2

Reduce Demands

External pressures on teachers should be minimized.

(Madigan et al., 2021)



Time Management & Engagement

Organizational Tools

Using Todoist and Trello can help manage workload and alleviate work pressure.

Forums & Social Media

Active participation online can refresh his passion. Participate in history teacher social media platforms.

(Schleicher, 2018)

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Revitalizing History Lessons

Exploring collaborative digital tools can make Mr. Smith's history lessons more engaging for his students.

Historical Digital Literacy

(Hangen, 2015, p.1192)

Collaborative Use of Tools

Critically using digital tools and resources to understand history.

Research Skills

Activities like using Wikipedia, Google Docs and digital archives enhance students research skills.

Increased Engagement

Imaginative teaching methods boost interest in history.



Digital Storytelling and Multimedia Use

(Robin, 2008) and (Azor et al., 2020)



Narrative Crafting

Students create stories using technology.



Audio-Visual Integration

YouTube documentaries enhance learning.



Teacher Training

Training initiatives are essential for effective tech use in class.

Conclusion

Work Satisfaction

- REBT intervention
- School training programs
- Time management tools
- History teacher social platforms

Digital Engagement

- Inspire his students
- Meet Head Teacher requirements
- Introduce collaborative digital tools (simple)
- Introduce collaborative digital tools (complex).