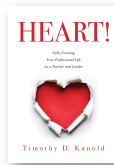


Your Professional Journey in Mathematics:
The Five Secrets of Great Teachers!
 2018 NCTM Annual Session 338
 Washington DC

"I define your heartprint as the distinctive impression and marked impact your heart leaves on others—your students and your colleagues, as your career and your school seasons unfold."



Timothy D. Kanold, PhD
 tkanold.blogspot.com
 timothydkanold@gmail.com
 Twitter: @tkanold

So, **why** did you choose to become a mathematics teacher?

Stand Up and Partner Up!

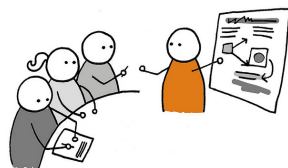
Decide on Person **A** and a Person **B**

Get ready!



Person A
60 Seconds!

Why did you choose to become a teacher of mathematics?



Person B
60 Seconds!



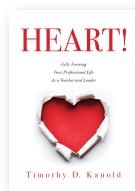
Why did you choose to
become a teacher of
mathematics?



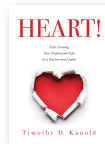


“When you know your **why**,
your **what** has more impact,
because you are walking in
and toward your **purpose**”

R U Available For A Quick Call?



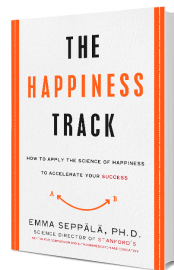
"I define your heartprint as the distinctive impression and marked impact your heart leaves on others—your students and your colleagues, as your career and your school seasons unfold."



H Is for Happiness **The Science of Happiness**

Happiness is a state of heightened positive emotion.

"[Happiness] increases our emotional and social intelligence, boosts our productivity, and heightens our influence over peers."



Read p.8

Happiness and ...



Compassion is about caring—
You mourn the setbacks of others.

Compassion is about support—
You cheer on their victories.

Compassion is about love—
You do not withhold it.



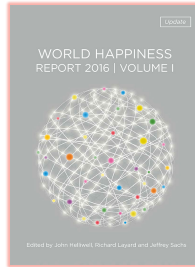
World Happiness Report

eudaimonia

(n.) lit. "human flourishing";
a contented state of being happy and
healthy and prosperous

pronunciation: U-de-'mOn-E-a
English / Origin: Greek

**Secret # 1: Great Teaching Is
Always A Form of Love!**



Engaged Teachers Enjoy Personal, Professional Edge

by Matt Hastings and Sangeeta Agrawal

STORY HIGHLIGHTS

- Engaged teachers report higher levels of purpose well-being
- Engaged teachers report higher personal and professional satisfaction

Left to our
own devices,
we are most
likely not to
fully engage
in our work
life.

2013-2017 Gallup Research

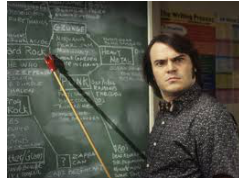
**What percent of U.S. K-12 teachers
do you think are fully engaged in their
daily work?**



2008–2017 Gallup Research

Engaged teachers: constantly look for new and better ways to achieve outcomes

31.4%



(Kanold, *HEART! Fully Forming Your Professional Life as a Teacher and Leader*, 2017)

2008–2017 Gallup Research

Not engaged teachers: satisfied with their jobs, not emotionally connected, and unlikely to devote much **discretionary** effort to their work

57%



(Kanold, *HEART!*, 2017)



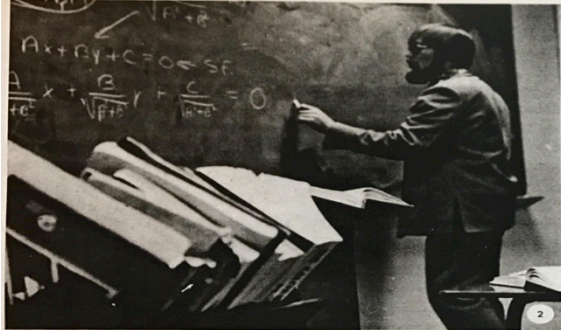
For **volunteers**, work will not be satisfying unless they can answer “yes” to three critical questions:

1. Is the work meaningful to me personally?
2. Is my emotional energy high or low?
Do I feel energized or drained?
3. Do I enjoy the people with whom I am serving or volunteering?



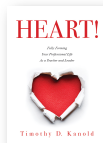
Secret #2: Great Teaching Does Not Exist In Isolation

1973!

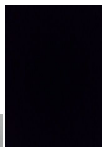


A Is for Alliances

*Collaborating with Colleagues requires
transparency in our practice!*



"What Are Those Black Boxes?" Ch.20



Hold the Mayo!

The Mayo Clinic's Mission and Principles

The needs of the patient comes first.

We will meet those needs through unsurpassed collaboration.

No one is big enough to work independently of others.

The combined wisdom of one's peers is greater than any individual.

We will use a teamwork approach, share our insights, and take a continuous interest in each other's growth.

("Mayo Clinic Mission and Values" accessed online at www.mayoclinic.org/about-mayo-clinic/mission-values)

Hold the Mayo!

The Professional Teacher's Mission and Principles

- The needs of the student comes first.
- We will meet those needs through unsurpassed collaboration.
- No one is big enough to work independently of others.
- The combined wisdom of one's peers is greater than any individual.
- We will use a teamwork approach, share our insights, and take a continuous interest in each other's growth.

Who Do You Really Want to Hang Out With?

Nobel Prize-winning economist Daniel Kahneman's list of people we most desire to socialize with in a more *mutually nourishing* way:

1. Friends, then relatives
2. Spouse or partner, then children
3. Students or parents, then coworkers or colleagues
4. Then ... your boss



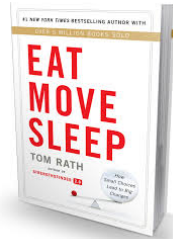
Secret #3: Great Teaching Is Built on Professional Growth Through Friendships –Forever!

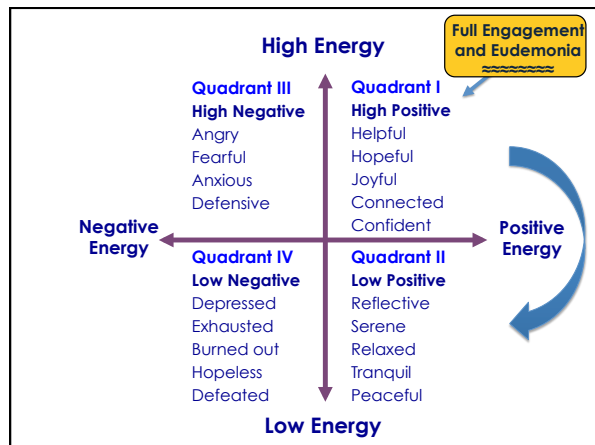
Sleep longer to get more done!

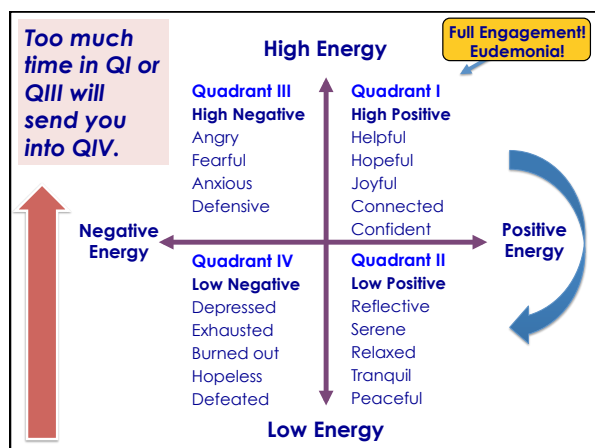
The best performers sleep **8 hours**
and **36 minutes** a day.

By comparison, the average
American gets **6 hours** and **51**
minutes on weeknights...

Tom Rath (2013) in *Eat, Move, Sleep* tomrath.org







Secret #4: Great Teaching Resides In A Balanced Life!

If your fundamental goal is to seek
external balance then you have aimed
too low.

INTERNAL BALANCE
IS THE KEY
TO WELL BEING.



Quadrant II Time Required!

Becoming fully engaged in Quadrant I
while strategically engaging in Quadrant
II activity ...



**Only you can
know what this is
for you.**

Pursuing Internal Balance

What is your Quadrant II activity?

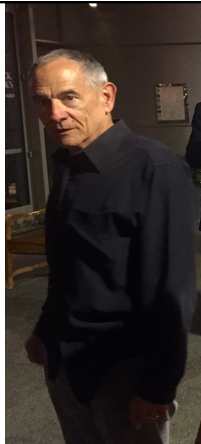
**I'd rather be in
QUADRANT II**



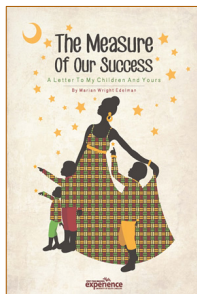
Secret #5: Great Teaching Seeks Social Justice

Think of the culture of your school as a garden... A strong culture of continuous improvement needs constant attention and nurturing.

I don't know how much time I can be on this journey with you, but I know you are the greatest generation of American educators and you can carry on this challenge.



Yours, Mine, and Ours!



“So much of America's tragic and costly failure for all of its children stems from our tendency to distinguish between our own children and other people's children ...

... as if justice were divisible.”

What's Your Heartprint?



Sign up for free bonus Chapters!

Connect and reconnect to the passion, energy, growth, and collaborative intimacy in your professional life.

Timothy D. Kanold, PhD
Twitter: @tkanold #Heartprint
timothydkanold@gmail.com

 **LEARN MORE**
SolutionTree.com/HEART

**Signing books at
Solution Tree booth #206
Noon to 1pm Today!**
