

# Strategies to Manage Teaching Anxiety



## FEAR OF THE UNKNOWN

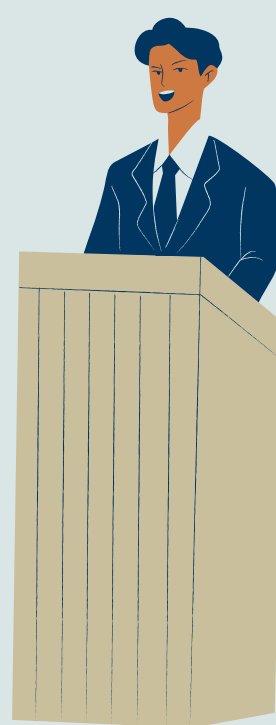
Concentrate on the things you can control, like organizing class space and lesson planning.

- Visit the teaching space before class to figure out where to sit, stand and put your belongings.
- Get trained on the class technology.
- What teaching materials will you need to bring? (e.g. slides, markers, keys)
- Plan your lesson. Include questions that you want to ask or instructions for small group work.

## STAGE FRIGHT

Think of students as your collaborators instead of as an audience. When you need to speak to the whole group, practice in advance.

- Use active learning strategies that ensure students work together, and so that you don't have to speak to the whole group for an extended time.
- Make speaking notes. Include reminders to pause, walk, make eye contact, breathe deeply, smile, and gesture.



## IMPOSTER SYNDROME

Confidence takes practice, mistakes, and humility.

- Remember: teaching is not about knowing the material perfectly, it's about creating opportunities for students to learn together.
- Don't hide that you're still learning. If you're not sure about something, tell students that you'll find out.
- Recognize teaching techniques that you do well, and work on developing one new teaching skill at a time.

## WORKLOAD WORRIES

Teaching is a messy human undertaking that will take up as much time as you give it. Learn to set limits.

- Limit your teaching tasks to fit into your schedule, and stick to that schedule as best you can.
- Prioritize your work and let go of perfection.
- Get better at managing your time

