

TEACHER DELIGHT

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You Can't Pour from an Empty Cup: Practical Strategies for Leveraging Technology to Prioritize Your Mental Health and Well-Being

In K-12 education, digital disruption means innovative tools and approaches are challenging the way we traditionally teach and learn. Educators are constantly bombarded with new technologies for the classroom, and they face local, state and federal mandates to integrate technology in their instruction. This is a major stressor for many educators. The objective of this workshop is to help educators understand and embrace this digital disruption.

Participants also will explore the role of the technology they use every day in promoting mental health and self-care, and they will learn practical strategies for leveraging technology to prioritize their mental health and well-being.

Presentation Target:

Middle School

Presenter(s):

1. Dr. Reeshemah Johnson, Assistant Professor, College of Education, Fayetteville State University
2. Dr. Kimberly Smith-Burton, Professor of Mathematics, College of Education, Fayetteville State University