



How to be a Successful Teacher: Strategies for Personal and Professional Development

Paul Castle, Scott Buckler

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Teaching is a rewarding, yet demanding profession, one in which a person needs to be fully prepared. This book focuses on the applied psychological skills, strategies and resources, which will help to ensure you are equipped with personal and professional expertise to survive in the classroom. In the book you will find:

- An overview of important psychological themes within teaching such as confidence, motivation and self esteem

- Explorations of physical issues related to successful psychological functioning, such as fitness and nutrition

- Advice and activities which will show you how to learn and use psychological skills and techniques directly

Readily accessible to a wide audience, including internationally, the book assumes no prior knowledge of psychology. The authors give specific examples taken from a diverse range of professional situations, always with relevant theoretical underpinning, and the structure allows you to dip in and out of chapters and sections.

The text provides support to students on teacher training courses at both undergraduate and postgraduate level. It will also help teachers in their formative professional years.

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