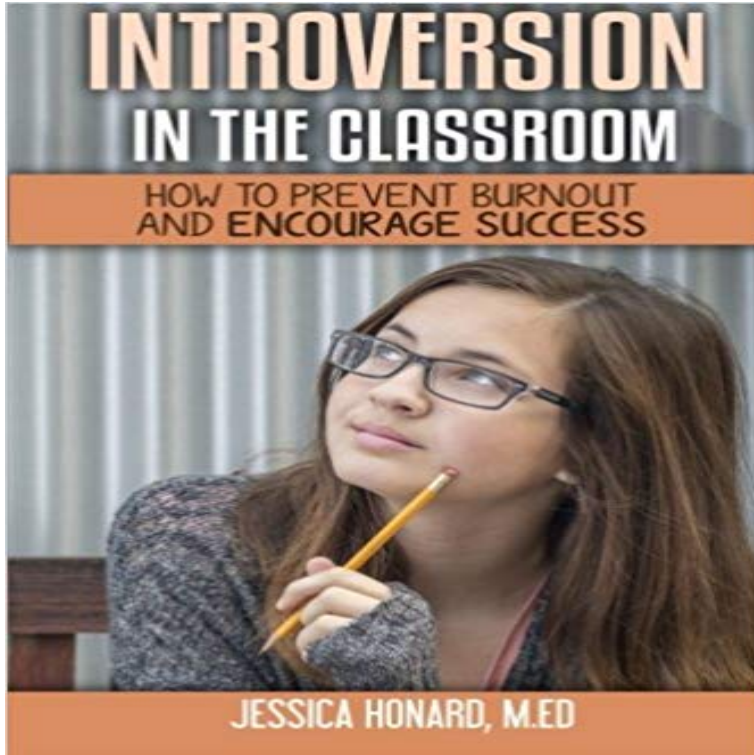


# Introversion in the Classroom: How to Prevent Burnout and Encourage Success



Is your classroom causing introverted students to burn out? Are you an introverted teacher, wondering how to survive another year? Both students and teachers face an expectation of constant collaboration. This can be incredibly draining for introverts, who need alone time to recharge. Unfortunately, the modern school culture doesn't always take this into account. This book was designed with introverted students and teachers in mind. Topics include: The role of introversion within the field of education. Classroom strategies designed to prevent student burnout. Valuable self-care techniques for introverted teachers. Every teacher will come across an introverted student. Every administration will enlist the help of introverted teachers. It's time to embrace introversion and understand it for the gift it is.

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