**Important Dates:**

- **9/12 – 9/18** Substitute Teacher Appreciation Week – Say thank you to every sub you can find.
- **9/14** Classes are back in session
- **9/21** FFEA induction 6:30 pm in the computer lab (SH4) Don’t miss it!
- **9/24** Last day to Petition to graduate for Spring 04
- **10/12** Global Learn Day – Read a few extra pages out of a book or start reading one!
- **10/14 – 10/15** Fall Break!
- **10/18** Boost Your Brain Day – Be sure to take those vitamins

**Attention Students:**

The next FTCE Dates are:

- October 23 - Reg. by 9/3
- Late Reg. by 9/23
- January 22 - Reg. by 12/3
- Late Reg. by 12/23

All students should consider taking the FTCE General Knowledge Exam as soon as possible. Passing scores are required before registration of the Junior Sequence of Education Courses (EDS 3033, 4051 & 3095)

Seniors must have their passing scores for the Professional Education and Subject Area Exams filed.

**Chill Out: Stop the Stress**

*Written by John Beck*

There are two types of stress: positive and negative. All teachers need some positive stress in their lives to keep them going; but they need to reduce as much of the negative stress as possible to make their lives a little more bearable. This negative stress, such as undisciplined students, large class sizes, and unreasonable demanding parents or administrators can lead to burnouts and attributes to 30% of new teachers leaving the field within their first five years.

Symptoms of burnout include: sleeping and/or eating disorders, prolonged anger, inability to concentrate, depression, paranoia, and a sense of worthlessness. No new teacher wants any of these factors affecting their lives - so here are some helpful tips for controlling that negative stress.

First of all, be aware of your stressors and your emotional reactions to them. Can you change your stressors by avoiding or getting rid of them completely? Shorten your exposure to the stressor and set goals on how you are going to deal with this specific stress. Reward yourself for keeping your goals. Change your reaction to the stress by making it seem less threatening. View the stress as something you can cope with rather than letting it overpower you.

Most of the muscle tension caused by stress is in the hands and shoulders. Daily physical exercise helps to loosen those muscles, and gives the body a calming rhythm. Eat well-balanced and nutritious meals to maintain your ideal weight. Most importantly build strong supportive friendships and relationships. Make friends with non-educators so that your discussions are not always centered around “work.”

Be good to yourself and cut out that stress. You will live a longer and happier life without it and get more accomplished. I hope these tips will help you as you prepare for your first year of teaching. Have a stress free day!
Get To Know --- John Beck

John is a Freshman this year to Florida Tech, all the way from Crawfordville, FL (just south of Tallahassee). For as far back as he can remember, he has wanted to teach. “Being a teacher is just something I see myself doing with my life. I have never wanted to be anything else besides a teacher.” Currently enrolled as a Physics Education Major, he is well on his way to becoming the teacher he has so longed to be.

John graduated from Wakulla High School 12th in has class and received the Principals Award for Outstanding Leadership and Service to the School and the Community. He was also a member of the Wakulla War Eagle Marching Band, the Web Design team, National Honor Society, Florida Future Educators of America, and Tri-M. Along with these school activities John tutored two days a week at the local middle schools helping students with math and science. John had a full and exciting four years of high school and is enjoying a rigorous schedule here at Florida Tech.

If you are in the Shepherd Building frequently you will probably see a lot of John. He will be making copies, working on the Science Ed web page, or doing other task for Mrs. Blenis. Mrs. Blenis is happy to have John as her work study. The skills and dedication he brings to our department is welcomed. John also looks forward to working for Mrs. Blenis saying, “It is just a wonderful atmosphere, I couldn’t ask for a better job on campus.”

I look forward to getting to know John better, he seems like a really great guy. The one thing in our interview that he made adamantly clear was, “If you need anything and I can help. Please don’t hesitate to ask! I am always willing to do anything I can.” He has already been nominated as President of Florida Tech’s FEA! We look forward to his leadership skills and the talents he brings to us! Welcome John!

Computer Lab Hours

Monday - Thursday
8am – 9pm

Friday
8am – 5pm

Saturday
12am – 3pm

Sunday
4pm – 7pm

The News Stand: What’s in This Month

- The Idea Book for Educators: Lives That Make a Difference
- Educational Leadership: Teaching for Meaning
- Syllabus: Opening the Door to New Technologies

Welcome!
New Students to the Education Department

Mégan Walker (Biology)

Carolyn Salois (Chemistry)

John Beck (Physics)

Linsey Gasiewicz (Biology)

Inspiring Quotes:

- “Education will never become as expensive as ignorance.”
  - Anonymous

- “Teach your students that it’s all right to make mistakes. Mistakes aren’t reason for shame but chances to learn and do better.”
  - Karen Katafiasz

- “A good teacher is like a candle – it consumes itself to light the way for others.”
  - Anonymous

- The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.
  - William Ward

A Flaming Thought

“Teaching is painful, continual and difficult work to be done by kindness, by watching, by warning, by precept, and by praise, but above all by example.”
- John Ruskin

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- John Ruskin