



Co-funded by
the European Union



YES4 E-LEARNING

Profile 4

PROFILE 4: HIGH TENSION

RANGE 116 – 137

Characteristics:

Those teachers exhibit high levels of stress, anxiety, and emotional exhaustion during online teaching.

They may struggle to manage stress and may require additional support to improve their emotional well-being and cope with work challenges.



High scores across various aspects, particularly in stress, anxiety, and emotional exhaustion during online teaching scores.

PROFILE 4: HIGH TENSION

POSSIBLE SOLUTIONS



Provide resources and tools to address specific challenges, such as online class planning, educational technology use, and time management.



Implement support programs for work-life balance, such as flexibility in work schedules and rest days.



Offer training sessions and professional development focused on areas of improvement identified by teachers in this profile.



Facilitate access to quality educational resources and materials to facilitate online teaching and reduce workload.

PROFILE 4: HIGH TENSION INDIVIDUAL ACTIONS



Identify specific areas for improvement and set realistic goals to proactively address them.



Seek opportunities for continuous learning and professional improvement, such as online courses or workshops related to teaching.



Establish effective work routines and habits to maximize productivity and reduce stress.



Practice assertive communication with students and colleagues to resolve conflicts and address concerns constructively.

