INDEX

AARP, 167–168, 175
ability in leadership, 48–49
accreditation of second language programs, 134
action research: challenges of, 38–42; definition, 33–34; as professional development tool, 37; research cycle in, 34–36; resources, 43
administrators: budgeting, 135, 136f; challenges faced, 135, 136f; characteristics of, 132; education backgrounds, 135; employment patterns, 134–135; handling personnel matters, 135, 136f; positive relationships with, 13–14; training for, 137–139
agency thinking and avoiding burnout, 9–12
American Association of Colleges for Teacher Education, 84
American Association of Retired Persons (AARP), 167–168, 175
American Employee Benefit Research Institute (EBRI), 165–166
Anderson, N.J., 53, 129, 140
assessment and teaching portfolios, 56–57
AVID College Readiness, 157–158
Bailey, K.M., 36, 37, 43, 55, 57, 172
Bogle, J., 183, 185, 187
Bogleheads Guide to Investing, The 187
book publishing. See publishing
Buffett, W., 182, 185
Building Better English Language Programs, 140
burnout: adaptability, 13; avoidance techniques, 9–19; causes of, 1, 9, 13–14; changing jobs, 10, 17–18; collaboration, 13–16; community, 9–10, 11, 13–14; definition, 3, 171–172; emotional control, 11–12; goal-setting, 12; hope, 9–12; motivation strategies, 13–16; professional development, 14–16; reactions to, 4, 171–172; relationship building, 17–18; resources, 19; teachers and, 9, 171–172; time management, 12
Burns, A., 30, 43
Byrd, P., 108, 117
career enhancement: administrative work, 131–141; advanced degrees, 88–99; consulting, 119–130; ESP teaching, 142–151; online teaching, 100–106; publishing, 108–118; teacher education, 77–85
Index

career renewal: avoiding burnout, 9–20; classroom activities, 66–74; creating portfolios, 55–64; developing leadership skills, 45–54; doing research, 33–43; reflecting on work, 23–31

Carnegie, D., 17

Center for Research on Retirement Readiness, 165–166

Christison, M., 119, 140

Clarke, M.A., 81

Clarke, R., 166–167

classroom activities: camp settings, 71–72; field trips, 72–73; scavenger hunts, 69–70; theater groups, 71; Toastmaster clubs, 70–71

classroom observation: as reflective teaching component, 28–30; videotaping, 58–59

Cleland, J., 55

Cochran-Smith, M., 77, 78, 79

collaboration and avoiding burnout, 13–16

community: and avoiding burnout, 9–10, 11, 13–14; found through the Internet, 17

Conrad, R.M., 103, 105

consulting: benefits of, 119–120; as contract employee, 127; financial matters, 126–128; goal-setting for, 123–124; legal matters, 124–125, 127–128; marketing for, 124, 125t; post-retirement, 159–160; professional development geared toward, 120–123; record keeping, 126–127; resources, 129; risks in, 119–120; skills inventory, 120t, 130; subcontracting work out, 127–128; time management, 125–126

contexts and avoiding burnout, 10, 17–18

contingency funds, establishing, 179

culture and avoiding burnout, 11

Coombe, C., 53, 57, 70, 72–73, 119, 129, 140

Council for Exceptional Children, 84

credit card debt, paying off, 178–179

Cultural informants, developing relationships with, 18

curriculum writing, post-retirement, 157–159

Curtis, A., 36, 37, 43, 55, 172

Dealing with Difficult People, 129

distance learning. See online distance learning

doctoral degrees and professional development, 88–98

Do It Anyway, 53

EBRI (American Employee Benefit Research Institute), 165–166

education: for administrative work, 137–139; advanced degrees, 88–98; for ESP instructors, 147–148. See also
teacher education

ego and leadership, 49–50
Index

Ejrnæs, M., 170–171
emotional control and avoiding burnout, 11–12
employment: changing jobs to avoid burnout, 10, 17–18;
dissatisfaction with, 9
England, L., 103, 145
English for Specific Purpose (ESP): clientele for, 148–149; definition, 142–143, 144–145; evaluation in, 147; materials needed, 146–147; needs analysis, 145–146; resources, 149; self-assessment, 150–151; training for, 147–148
English immersion programs, 71–72
ESP. See English for Specific Purpose (ESP)
evaluation, teacher, 61–62
Farrell, T.S.C., 24, 25, 26, 28, 31, 62
field trips, 72–73
financial planning: advisor selection, 184–185; asset allocation, 186; contingency funds, 179; credit card debt, 178–179; early investment benefits, 180; income needs, 186–187; inflation, 186–187; investment selection, 180–185; market fluctuations, 185–186
FISH! philosophy, 67–68, 73, 74
Folse, K., 109, 117
Four Pillars of Investing, The, 183, 187
Freeman, D., 77, 78
From Teacher to Manager, 140
Fulbright English Teaching Assistants, 71–72
fun and learning: camp setting, 71–72; creative activities, 71;
English immersion programs, 71–72; field trips, 72–73; FISH! philosophy, 67–68; humor in classroom, 68–69; independent activities, 69; as motivator, 66–67; research on, 66–67;
resources, 73–74; scavenger hunts, 69–70; team activities, 70–71; theater groups, 71
gender issues in retirement, 174
Getting Into the Consulting Business, 129
Getting Things Done, 126
Gladwell, M., 154
goal-setting: and avoiding burnout, 12; for consulting work, 123–124
Goodwin, D.K., 51
Gray, D., 119, 127, 128, 129
Grayson, J.L., 11, 13
group discussions, 28–30
Hirsch, D., 169–170
Ho, B., 171–172
hope and avoiding burnout, 9–12
How to Retire Happy, Wild and Free, 163
humor in the classroom, 68–69. See also fun and learning
Hutchinson, T., 144–145
income needs in retirement, 186–187. See also investments for retirement
incremental thinking, 18
independent activities, 69
index funds for investing, 181–184
Institute of International Education, 84
Internet: finding related fields of study, 17; locating clientele for ESP, 148–149; personal development resources, 19; web-based portfolios, 63
investments for retirement:
asset allocation, 186; Asset-builder, 185; early investing benefits, 180; financial advisors, 184–185; index funds, 181–184; IRAs, 179–180; Keogh accounts, 179–180; market fluctuations, 185–186; mutual funds, 181–184; TIAA CREF, 185; Vanguard, 182, 185. See also financial planning
IRA investment accounts, 179–180
jobs. See employment
Johns, A.M., 154, 155, 157, 161
journal writing, 28–29, 30
Keith, K.M., 51–52, 53
Kemmis, S., 33, 34, 42
Keogh investment accounts, 179–180
Kirschner, R., 122, 129
Lange, D., 25–26
Larimore, T., 179, 188
Laughing Matters, 74
Lazy Person’s Guide to Investing, The, 188
leadership: ability in, 48–49; as consulting development, 122–123; delegation and, 50; ego in, 49–50; failure examples, 45–46; motivation in, 48–49; resources, 53, 129; responsibility in, 51–52; self-examination and, 46–48; and team players, 51
Leadership in English Language Teaching and Learning, 53, 129, 140
learning, loop, 26
Learning Forward, 84
LeBoeuf, M., 179, 188
letters of reference, 58
Levity Effect, The, 67
Lindauer, M., 179, 188
Little Book of Common Sense Investing, 188
Lockhart, C., 24, 27, 29, 34, 62
Malkiel, B., 182, 183, 186, 188
Maslow, A., 67
Materials Writer’s Guide, 117
McCloskey, M.L., 53, 126, 129, 140
McTaggart, R., 34, 42
Medgyes, P., 68, 74
mentoring and professional development, 82
Morningstar, 183
motivation strategies: to avoid burnout, 13–16; changing jobs, 17–18; FISH! philosophy, 67–68; humor in classroom, 68–69; for leadership, 48–49; in learning, 66–67; resources, 19; survey for, 20
Murphey, T., 12, 15, 73

mutual funds for investing, 181–184

National Association for Bilingual Education, 84

National Council of Teachers of English, 84

New Frontiers of Research on Retirement, 166

Nunan, D., 36, 37, 43, 55, 102, 105, 172

Okrasinski, J.E., 55, 63–64

online distance learning: advantages, 102; content requirements, 103; instructor skills, 103–104; perceptions of, 101; questions about, 100; resources, 105; student success with, 104; technology used, 104

pathways thinking and avoiding burnout, 9–12

Pennington, M.C., 140, 171–172

personal growth and avoiding burnout, 9–10

portfolios, teaching: as assessment tool, 56–57; components of, 57–63; digital formats, 63; disadvantages, 63; models of, 56; purpose of, 55–56; reflection in, 55–56, 57, 62–63; resources, 63–64

Power of Full Engagement, The, 53

pre-tax income investing, 179–180

professional development: action research, 37; activities, 59–61; as burnout avoidance technique, 14–16; collaboration, 14–16; for consulting work, 120–123; doctoral degrees, 88–98; mentoring, 82; resources, 19, 98; and teacher education, 79, 82. See also portfolios, teaching; reflective practice in teaching

professional organizations, 84, 122–123

public speaking, post-retirement, 159

publishing: book proposals, 110–112; contracts, 116; as development for consulting work, 123; post-publication activities, 117; publishers, 112–115; reasons to do, 108; resources, 117; review process, 115–116

Random Walk Down Wall Street, A, 188

reference letters, 58

reflective practice in teaching: benefits, 23–26; components of, 28–30; definition, 25, 26–27; methods, 25, 27, 28–30; origins, 26; resources, 30–31; results of not doing, 24–25; and teaching portfolios, 55–56, 57, 62–63

Reflective Teaching in Second Language Classrooms, 62

Reflective Teaching, 31

Reforming Early Retirement in Europe, Japan, and the USA, 174

relationship building and avoiding burnout, 17–18
Reorienting Retirement Risk Management, 166–167


Retirement Calculator, 175
Retirement Confidence Survey (RCS), 165–166
Retirement Research Consortium (RRC), 166
retooling, 5. See also career renewal
re-treading, 143–144. See also career enhancement

Richards, J.C., 24, 27, 29, 30, 31, 34, 62

scavenger hunts as learning activity, 69–70
Schön, D.A., 25, 26, 27, 57, 62
second language programs: accreditation, 134; characteristics of, 132–134; employment patterns, 133; student populations, 133

Seven Habits of Highly Effective People, 126

Smith, K., 57, 170
Snyder, C.R., 9, 12
Sobel, D., 78, 80
social capital and avoiding burnout, 9–10
social justice emphasis in teacher education, 78–79
social support and avoiding burnout, 11

Start and Run a Consulting Business, 129

Stephenson, L., 53, 129, 140
stress. See burnout

students: enrollment statistics, 133; and humor in class, 68–69; learner profiles, 84; motivation of, 66–67; and online distance learning, 101, 104; positive relationships with, 13–14; and teaching portfolios, 61–62

Successful Retirement Guide, The, 163

Swensen, D., 181, 182, 183, 188

Tannen, D., 158
teacher education: advanced degrees, 88–98; challenges faced, 77–80; contexts of, 80, 82–83, 84; mentoring in, 82; organizations for, 84; praxis challenge, 79, 80–81; professional development alternatives, 79, 82, 84; reform suggestions, 78–79; resources, 84; social justice emphasis, 78–79; and teacher cognition, 79–80; ways of knowing, 79, 81–82
teachers and teaching: burnout, 9, 171–172; evaluations, 56–57, 61–62; as leaders, 46–52; and online distance learning, 101; post-retirement, 157; professional organizations, 84. See also classroom activities; portfolios, teaching; reflective practice in teaching

Teachers of English to Speakers of Other Languages (TESOL). See TESOL

TEDTalks, 19

TESOL, 19, 84

TIAA CREF, 185

time management: and avoiding burnout, 12; in consulting work, 125–126

Toastmasters International, 19, 70–71, 72–73

Tomorrow’s Professor Mailing List, 19

training: for administrative work, 137–139; for ESP instructors, 147–148. See also education; teacher education

Unconventional Success, 188

Understanding and Presenting Teacher Burnout, 172

Upgrade Your Life, 126

videotapes, classroom, 58–59

women and retirement, 174

Work Less, Live More, 174

Your Complete Guide to Early Retirement, 174