

Fearfactor

Teaching is frightening! Teachers face the unknown, the unexpected, the uncomfortable, and the mysterious. Teachers interact with terrifying students, peers, administrators, school board, parents, media, and the community.

Sure, the TV contestants drink worm and roach smoothies while eating pizza made with bile-based crust, cow blood sauce, maggots, cheese topped with fish eyes and live worms. But can those same contestants stand in front of a classroom and influence the lives of thirty glaring adolescents with meaningful literature and soul-touching student writing?

The fear of teaching is natural and expected. The purpose of this assignment is to examine and face your own fears about teaching.

Write a 500-word essay where you identify a specific teaching fear and explore strategies to either cope with or overcome your anxiety.

Consider the following questions to generate ideas for your essay:

- What frightens you about teaching?
- Why does this frighten you?
- What experience have you had with this fear?
- What can you do to overcome this fear?
- What have others suggested about this fear?
- What have your own teachers done to manage or overcome this fear?
- What will you do to prevent this fear from becoming a full-blown panic attack?
- How can this fear be a positive experience?
- How can students help calm this fear?
- How do students feed this fear?
- How exaggerated or realistic is this fear?
- What resources would help you survive this fear?