

Dealing With Advisor Burnout!

In dealing with "Advisor Burn-out" the individual must determine if they are truly burned out, unhappy or possibly unsure of the real role they have as an advisor.

Some questions need to be asked:

- 1 What is an advisor?
- 2 What characteristics should a good advisor cultivate?
- 3 Are you doing the same old projects each year?
- 4 Do you actively seek help from other teachers?
- 5 Are you trying to think of all project ideas by yourself?
- 6 Do you include other groups and advisors in your projects and activities?
- 7 Do you meet frequently with your principal or superior?
- 8 Do you have a parent booster group?
- 9 Do you ask parents for their input and involvement?
- 10 Do you ask that your duties be adequately explained to you?
- 11 Do you attend local and state workshops and convention or advisor training sessions to learn more about your job as advisor?
- 12 Do you sit down with your group to evaluate meetings and projects?
- 13 Do your group members know what their duties are or do you end up doing their work for them?

- 14 Do you say 'no' once in awhile when you have too much to do or do you take on projects and then complain about having to do them?
- 15 Do you meet with advisors from league or neighboring schools?
- 16 Do you enjoy working with young people?
- 17 Is your schedule planned and spread out?
- 18 Do you share your feelings with the group's members?
- 19 Do you do things to maintain the enthusiasm within your group?
- 20 Is what you're doing still exciting and fun?

If not, then take a break from the task ... re-evaluate your feelings, talk with your group and your principal, then if you truly feel that you are not enjoying yourself, enjoying the excitement of activities, rejoicing in the successes of your organization, then it may be time for you to get an assistant!