



How to Cure the Classroom Management Blues: A Self-Help Survival Guide for Teachers

Dr. Barbara G. Foster

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This **self-help** survival guide takes a beginning or experienced teacher step-by-step from a diagnosis of the **Classroom Management Blues** through personalized treatment and checkups in ten sessions, or chapters. In the first four sessions, a teacher makes a diagnosis. Each of the next five chapters describes the recommended prescriptions (practical, research-based strategies) that can prevent or cure the **Classroom Management Blues**. In the final chapter, a teacher completes didactic checkups to prevent a relapse.

Through the dialogue between **A. Teacher** and **Dr. Foster**, teachers will learn *how to*: apply **ACTIVE ENGAGEMENT** to learning activities, repeat **HIGH EXPECTATIONS** to inspire **ALL** students to achieve academic and personal goals, use **APPROPRIATE ASSESSMENTS** to foster student learning, encourage **TRUSTWORTHY BEHAVIOR** and support self-discipline, and maintain **EFFECTIVE COMMUNICATION** with students, families, and other educators.

In each chapter, Barbara G. Foster provides **Doses of Reality** (inspirational stories about real teachers and students), **In Practice** applications (how to apply the concepts and implement the strategies within the classroom), and **Doses of Humor** (opportunities to take mental breaks from complex concepts and difficult situations teachers face the classroom). As with any professional development activity, readers will receive **supplements** that contain blackline masters, detailed explanations, and step-by-step directions to put the concepts and strategies found in this book into practice in K-12 classrooms.

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