

How Routine Saved Me from Burnout

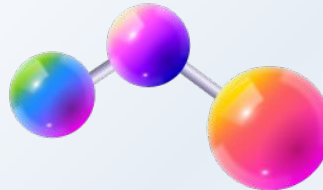
Making Small Adjustments in Process to
Achieve Massive Results

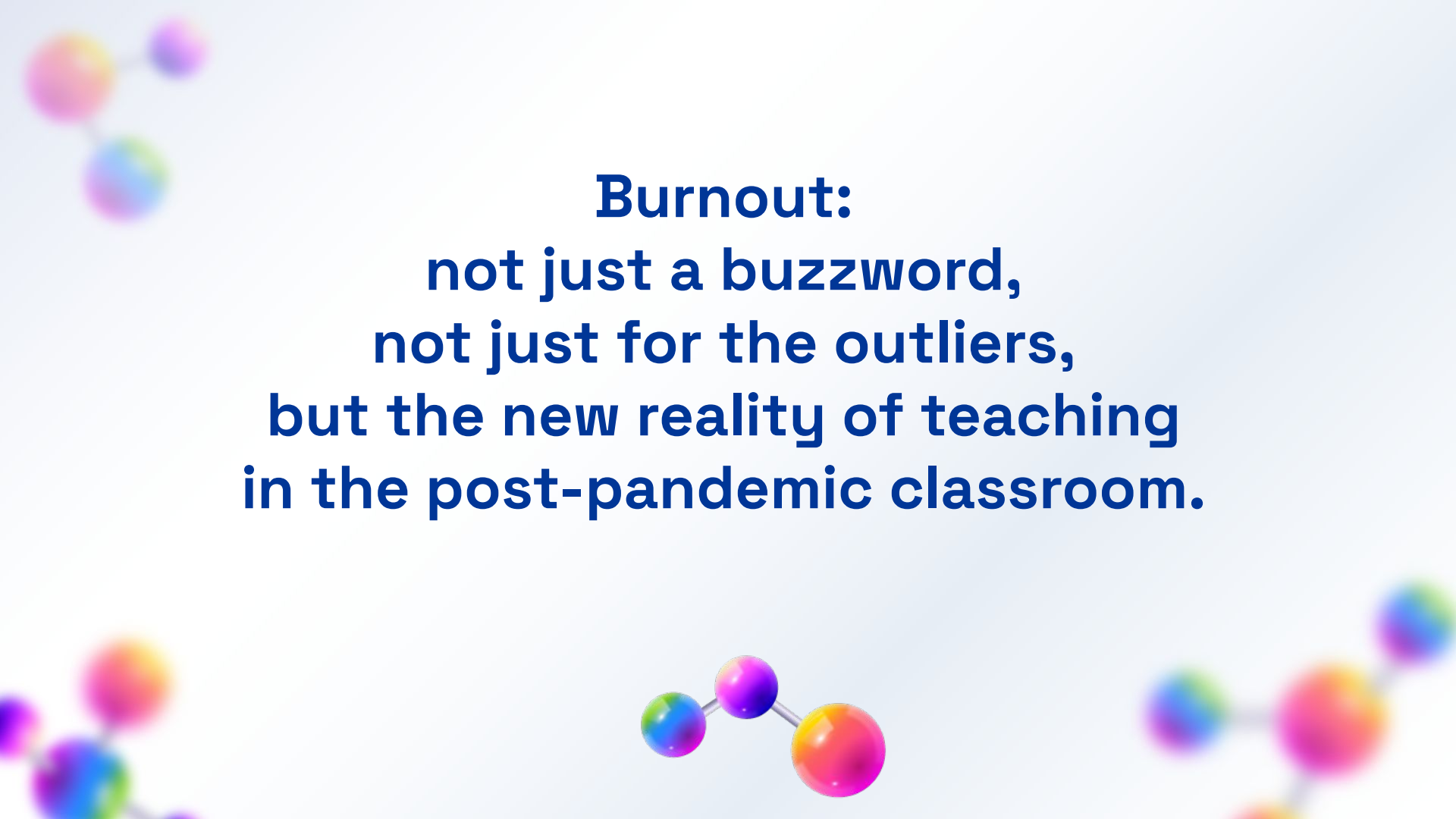
Eric Rath, Canyon High School



About me:

- Director of Bands, Canyon High School
 - 22 Years in Music Education
 - Teacher of the Year, 2018-19
- Published Composer & Author (Alfred, FJH, TapSPACE)
 - Member, Amarillo Symphony Orchestra
 - 20 Years of Marriage to Kayla; Five Children



The image features a light blue background with several decorative molecular models. These models consist of small, colorful spheres (in shades of red, yellow, green, and blue) connected by thin grey rods, representing chemical structures. They are positioned in the corners and center of the frame, with some appearing blurred to create a sense of depth.

**Burnout:
not just a buzzword,
not just for the outliers,
but the new reality of teaching
in the post-pandemic classroom.**

Burnout: not just a buzzword

44%

of teachers report
very often or always
being burned out

Social

Social Media &
Lawn Mower Parents

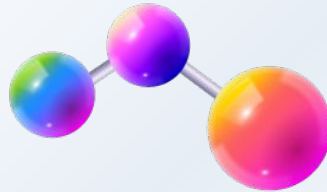
Treadmill

More requirements,
Higher expectations,
Fewer Resources

Walking Away

Teacher Attrition:
Who will mentor
young teachers?

**We can't fix everything,
but we have more control
in more areas than we realize.**



Developing Rhythms & Routines

01

Obvious

Make your habit environmental.

02

Attractive

Pair the "Have To's" with the "Want To's."

03

Easy

Reduce Friction and Reframe your Narrative.

04

Satisfying

Create "Habit Chains" and build-in rewards.

05

1%

Focus on Small Improvements.

06

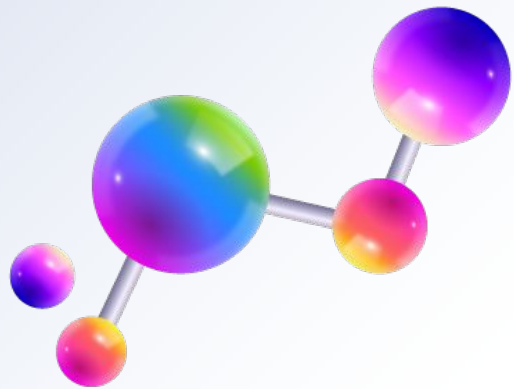
Systems

Focus on the Process, not the Outcome.



Personal Life





In the Band Office





In the Band Office (non-teaching)



Email

Scheduled - 3 times a day
& Off of my phone
(boundaries)

Office Hours

Parental & Student
access to me is
purposely limited.

Score Study

Create a conducive
environment and a regular
time.

Communication

Weekly Emails
on Sundays,
Google Doc on Monday

To-Do List

A pinned Google Doc on
Chrome that focuses on
"the macro."

Lesson Plans

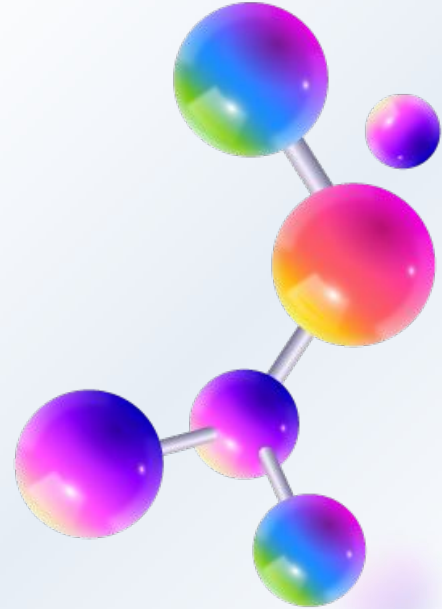
"Today's Rehearsal is
Tomorrow's Lesson Plan."



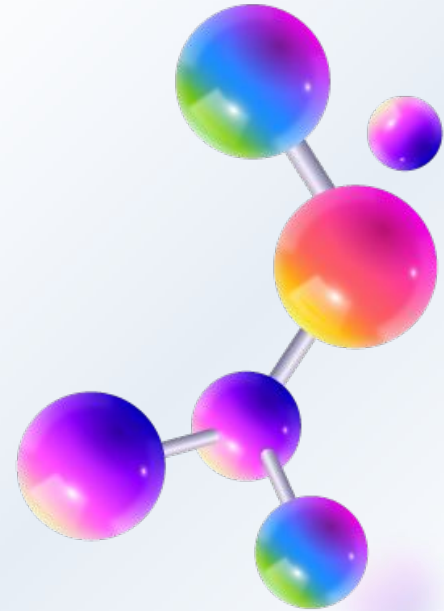
Teach like a coach?

(Some takeaways)

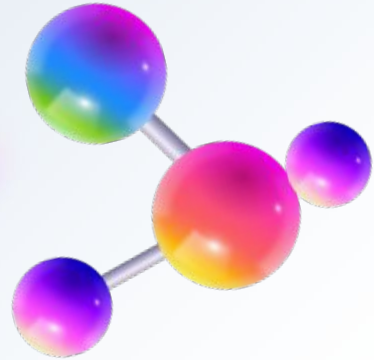
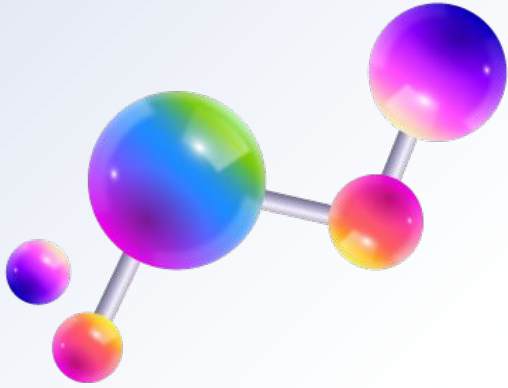
- Practice is a series of habits and events within a modular structure.
- Today's practice is tomorrow's lesson plan.
- Poor or no planning will result in a poor practice.
- Eliminates decision fatigue.



**“Plan your work and work
your plan.”
– Napoleon Hill**



On the Podium/ In the Classroom



The Power of Habits: One Day at a Time



1st Six Weeks

Sets the tone for the entire year.



Every Minute

No time to waste.
Sense of Urgency.



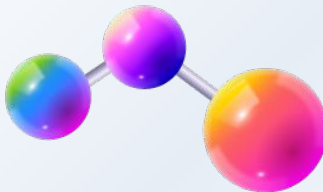
Individuals

Normalize listening to individuals, daily.



Most Important

Those currently in your class.



Look for the 1% “Atomic” Change



A Few Metronome “Tricks”

- Place in the back of the room. Pulse from percussion.
- Lower Volume (only as loud as necessary)
- Add/Remove Subdivision
- Check Tempo, STOP, then Conduct.
- Start Conducting, THEN add the Met.
- Try Different Sounds (TE Tuner: Drumjam 808)
- Use Halftime Drum Loops (YouTube or “Live”)
- Engage Students to Count/Subdivide



Look for the 1% “Atomic” Change



Met Management

The tool we LOVE to overuse.



In the Zone

Get off the podium and get in the trenches.



Ask Questions

Engage student learning by utilizing the Socratic Method.

The image features several molecular models scattered around the central text. Each model consists of two or three spheres connected by a thin grey rod. The spheres are rendered with a rainbow gradient, transitioning from purple on the left to red, orange, yellow, green, and blue on the right. The background is a light, neutral gradient.

Final Thoughts

Thank you!

Contact Info:

eric.rath@canyonisd.net

Facebook, Messenger, Instagram: @ericrathmusic

Essential Reading:

Atomic Habits - James Clear

Start with Why - Simon Sinek

Mindset - Carol Dweck

Outliers - Malcolm Gladwell

The Ruthless Elimination of Hurry - John Mark Comer

Less Enthusiastic Recommendations:

The 4-Hour Work Week - Tim Ferriss

A World Without Email - Cal Newport

Grit - Angela Duckworth

The Irresistible Introvert - Michaela Chung

