

BURNOUT! – HOW TO AVOID IT

Hank Tate

062007

BURNOUT – HOW TO AVOID IT

burn out 1. To stop burning from lack of fuel. 2. To wear out or become inoperative as a result of heat or friction. 3. To become exhausted, especially as a result of overwork or dissipation.

dis•si•pa•tion *n.* 1.a. The act of scattering. b. The condition of being scattered; dispersion. 2. Wasteful consumption or expenditure.

FOUR FOUNDATIONAL PRINCIPLES

- ❖ **PRINCIPLE #1....** Know why you are home schooling and what your goals are.
- ❖ **PRINCIPLE #2....** The most important thing to learn is how to learn.
- ❖ **PRINCIPLE #3....** The ultimate goal is success in life. Education is only a means.
- ❖ **PRINCIPLE #4....** According to the Bible learning is the responsibility of the student... with God's help.

PRINCIPLE #1 - Focus

Know why you are home schooling and what your goals are.

- Focus on the positive reasons - not the negative reasons
- Define your goals
 - Multiple types of goals
 - Goals are measurable items not the same as desires or dreams
- Write it out and be prepared to communicate your reasons to others

PRINCIPLE #2 - Focus

The most important thing to learn is how to learn! Learning doesn't stop with graduation....LIFE is school!

- Learning combines skills with a thirst to learn.
- To develop a thirst for learning in your children you must model a thirst for learning in your own life.
- The things that you thirst for will be the things your children will thirst for.

PRINCIPLE #3 - Focus

The ultimate goal is success in life. Education is only a means

- Determine the skills and knowledge that you feel are necessary for success in life.
- Focus your efforts on developing the keys for success
- Academics are secondary to character and skills development.

PRINCIPLE #4 - Responsibility

According to the Bible, learning is the responsibility of the student...with God's help.

A biblical study of learning, wisdom, and knowledge shows that the responsibility for learning rests with the student not the teacher...but God promises His help in all things.

My son, keep your father's command and do not forsake your mother's teaching
PROVERBS 6:20

I can do all things through Christ who strengthens me.

PHILIPPIANS 4:13

PROV 1:7-9; 4:5,7; 6:20-22; 8:33; 10:14; 13:1,18; 15:5,14; 16:16; 18:2,15; 19:20; 23:12; 24:3-5

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MAJOR CAUSES OF BURN OUT

- **CIRCUMSTANCES**
Not prepared for transition period
One parent not supportive
Pressure from outside sources
Trials and tribulations - 2 Corinthians 12:9
- **UNWISE OPERATIONS**
Mom doing everything*
Trying to cover too much*
Inconsistent discipline*
Never getting out of the "classroom"*
No vacations for Mom*
- **WRONG FOCUS**
Copying public schools*
Unrealistic or misdirected goals*

The key for long term success....

PROPER FOCUS ON LIFETIME GOALS

OPERATIONS

DELEGATE

Mom is the MANAGER not the whole team!

- Let older children teach younger children
- Let older students help define their own educational objectives and time goals for the year
- Let the kids do meals, laundry, cleaning, bookkeeping for older kids

Speed Cleaning, Jeff Campbell

Clutters Last Stand, Don Aslett

Operations ... 2

COMBINE

- Never teach one when you can teach a group.
- Combine ages in some subjects:
Bible, Science, Grammar, Art, etc.
- Combine subjects where possible
ie., the Constitution doesn't need to be studied in History and Government both.
Study Civilizations: History, Geography, Government, Art, Literature, Religion, Science – clarifies history
- Use chores and everyday activities to teach and practice academic skills
Cooking – Measurement, Following Directions, Nutrition & Health
Shopping - Math, Research, Analysis
Home Repairs - Mechanics, Physics, Learning how to learn

Operations ... 3

DON'T EXPECT TOO MUCH

- Don't try to make your child a genius.
- No one can learn everything...focus on things important for child's chosen direction in life
- Textbooks were never meant to be finished!
Except maybe math
Some time on each chapter
Emphasize areas important to the child

DON'T EXPECT TOO LITTLE

- Your child can do more than public schools think!
- Give him a vision to change "his" world!

Operations ... 4

KEEP YOUR EXPECTATIONS REAL DON'T TRY TO BE SUPERMOM!

"You know the kind of mother that has figured out a unit study program that teaches her seven children three-variable algebra problems, the history of the Roman Empire, the atomic weight of the sixty four most common elements, and physical fitness all from Psalm 104 – fully illustrated with hands-on manipulatives using nothing but Legos. And somehow she still finds time to bake all her own bread, from flour she has ground by hand, from wheat she grew (organically of course) in the back yard."

MICHAEL FARRIS - Court Report, May-June 1992

Operations ... 5

DISCIPLINE

- Until a child is brought under control he will not be able to focus on learning.
- Until a child learns to respect his parents he will not learn from them.
- If you lose the discipline battle your children also lose.

EDUCATIONAL SUPPORT FOUNDATION

www.educationalsupport.org

12954 Westleigh • Houston, TX 77077 • 281.870.9194 • hank@educationalsupport.org

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Operations ... 6

GET OUT OF THE HOUSE

The "real" world is where your children will be after the graduate. Get them out into the world now!

- Field trips
- Service projects
- Travel
- Meet other nationalities
- Visiting jobs - yours & other's

Operations ... 7

GET AWAY FROM YOUR CHILDREN!

- God has ordained marriage as a special union above all other relationships, including our relationships with our children. Nurture your marriage by getting away alone - often.
- Husbands minister to your wives with regular dates with your wives.
- Consider weekends or week-long vacations just as a couple.
- Teach your children to be comfortable away from parents early in life by allowing others to take care of them.
- Develop support relationships with other home school families to trade off child care when time away from the children is needed.

FOCUS

DON'T COPY PUBLIC SCHOOLS

- Public education is not designed to meet the needs of individuals – its focus is on the masses.
- Home schooling is a unique educational process which can focus on the real life needs of each individual student.
- U.S. public education is among the poorest in the world and not worthy of being emulated.
- Don't assume that U.S. scope and sequence is "correct".
Japanese study geometry and physics in elementary grades
Move at your child's personal rate...fast or slow

Focus ... 2

PURSUE GODLY GOALS

The purpose of home schooling should not be to score high on the S.A.T.

God's purpose is the development of Godly Children, Godly Parents, Godly Adults. No one will be asked how they did on the S.A.T. when they arrive in Heaven.

Romans 1:19-22

"A thorough knowledge of the Bible is worth more than a college education"

Theodore Roosevelt

LIFETIME GOALS - A

ACADEMIC SKILLS

Reading	Biology
Language Skills	Botany
Grammar	Chemistry
Vocabulary	Physics
Writing	Public Speaking
Math	Debate
Handwriting	Health
Civics-Politics	First Aid
Good Citizenship	Art
Government	Music
History	

LIFETIME GOALS - B

NON-ACADEMIC SKILLS

Awareness of personal strengths and weaknesses	Getting along with others
Logical thought processes	Organizational ability
Strength of Character to stand alone.	Computer comfortable
Perseverance, Persistence, and Steadfastness	Personal responsibility for commitments
Determination and focus on goals	Ability to research for new information
Openness to counsel	Seeing mistakes as positive sign of progress in learning.
Communication skills	Willingness to try new things
Critical analysis	Respect for Authority
Problem solving skills	Strong body
Ability to teach	Involvement helping others

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LIFETIME GOALS - C

SELF-SUFFICIENCY SKILLS

Cooking	Use of repair tools
Wise nutrition	Home maintenance
Household Cleaning	Plumbing
Shopping skills	Carpentry
Clothing selection and care	Simple Electrical Work
Laundry	Simple Machines
Sewing and mending	Yard Work
Budget Management	Gardening
Bank Accounts	Auto Maintenance
Manners	Defensive driving skills
Hospitality	Health
Parenting	Elementary First Aid

PRACTICAL LIFE SKILLS

200+ Skills Needed for Life

Brush Teeth	Dusting
Make Bed	Cleaning Bathroom
Bathing	Clean Toilet, Bathtub
Hair Care	Answering Telephone
Skin Care	Garden - plant & tend
Wise Nutrition	Mowing & trimming
Plan Meals	Maintaining mower
Set Table	Painting - household
Wash Dishes	Fixing Leaky Faucets
Laundry	Changing Elec. Switches
Ironing	Packing for Trip
Hand Sewing	Keeping Checkbook
Sewing Machine	Making a Budget
Replace Buttons	Auto Maintenance
Mending	Childcare
Vacuuming200+

EDUCATIONAL OBJECTIVES

SPIRITUAL

Salvation - Christian Character - Christian service

ACADEMIC

BASIC SKILLS *Individual*

Reading
Handwriting
Spelling
Composition
Mathematics
Typing
Computers
Basic Drawing

KNOWLEDGE *Group*

Bible
Amer & Eur History
Amer & Eur Art
Amer & Eur Music
Amer & Eur Literature
Family History
World Geography
Natural & Physical Sciences

PRACTICAL LIFE SKILLS

Beverly McCord

Focus ... 3

GOD'S PRINCIPLES OF SUCCESS

• **PREPARED**

Facts

Prov 19:2; Prov 22:29; Prov 24:3

Perception

• **LISTENING**

Counsel, correction, rebuke

Prov 10:17; Prov 24:6; Prov 13:20

• **FAITHFUL**

Dependability, Integrity, Initiative

Prov 28:20; Prov 2:7; Matt 25:21

Focus ... 4

• **SERVANT**

Phil 2:3; Matt 20:25

• **PATIENTLY FOLLOWING GOD**

God's timing is not our timing

God's results may not be what we envisioned

God builds us through suffering

Rom 5: 3-5

Ps 37:7; Ps 27:14; Ps 37:34

**Be a PREPARED, LISTENING, FAITHFUL
SERVANT PATIENTLY FOLLOWING GOD.**

The Little Red Wagon of Success

YOU ARE NOT THE ONLY ONE!

**Expect frustrations and problems —
everyone else has them too!**

- ❖ Motivation
- ❖ Rebellious attitudes of children
- ❖ Managing young children
- ❖ Discipline
- ❖ Family schedules & organization
- ❖ Feelings of inadequacy
- ❖ Organizing household
- ❖ Discouragement from outsiders