

Das Burnout-syndrom: Ein Blick Auf Die Lehrer-krankheit - Kirsten Michels

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Burnout ist ein Thema, welches seit einigen Jahren wieder verstärkt in den öffentlichen Blickpunkt geraten ist. Lehrer im Kreuzfeuer von PISA und Burnout... Doch dieser Belastungszustand betrifft nicht nur die Berufsgruppe der Lehrer, sondern kann eigentlich jeden treffen: Psychologen, Geistliche, Erzieher, Selbstständige, Manager,... Sogar viele Studenten sind von Burnout betroffen. Die Arbeitsbelastungen und Anforderungen während des Studiums sind teils enorm hoch, dazu kommt, dass sich viele Studenten nebenbei ihren Lebensunterhalt verdienen müssen. Die Studentenwerke verzeichnen einen steigenden Beratungsbedarf; Stresssymptome und psychosomatische Beschwerden nehmen zu. In meiner Seminararbeit beschäftige ich mich näher mit dem wichtigen Thema Burnout, das mich sowohl als Studentin sowie auch als angehende Lehrerin und Pädagogin betrifft. Diese Arbeit beschäftigt sich mit dem Erscheinungsbild von Burnout, den Phasen, ausgewählten Erklärungsmodellen und gibt eine Übersicht über Diagnose, Prävention und Intervention/Therapie. Author: Michels, Kirsten Publisher: GRIN Verlag Illustration: N Language: GER Title: Das Burnout-Syndrom: Ein Blick auf die Lehrer-Krankheit Pages: 00017 (Encrypted PDF) On Sale: 2009-01-01 SKU-13/ISBN: 9783640381241 Category: Education : Teaching Methods & Materials - General

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