

From “The Professional Balancing Act”

# Characterize Your Work

## *Teaching*

Example by Jacob Kohut

**1. How physical is it?**

Very Physical, ideally. I like to teach with a lot of energy, so I have to be careful to control it.

**2. How mentally challenging is it?**

Each class requires a different amount of mental energy. Good lesson plans minimize emergencies. The curve balls that come from working with kids can be challenging.

**3. Does it require creativity?**

Teaching effectively requires creativity.

**4. Does it require attention to detail?**

Yes, but I know I only have so much bandwidth, so I try to have brain breaks for everybody during each class.

**5. Where does it belong in your day?**

Very few people have control over this, so I have tried to schedule my how bedtime/wake-up time around maximizing my energy to fit teaching into the right spot.