make the workplace less stressful and eliminate the risk of the occurrence of the full-blown burnout syndrome.

Learning about burnout counteracting strategies should be taken into account already at the stage of education of future teachers, and then in various forms of professional development, as efficient use of such strategies is conductive to a high level of professionalism and reduces the risk of professional burnout.

What is also of particular importance is to present to future teachers a realistic picture of the Polish education sector and preparing them as part of the vocational education to cope with unusual educational situations. Good vocational preparation and highly developed professional skills are conducive to constructive problem solving, commitment to the teaching and educational process and a high efficacy of activities.

Measures improving the level of professional functioning of teachers should include improvement of the informing process and consulting with the teacher the environmental changes related to the education reform, as well as any other changes resulting from new regulations and other acts.

References


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