

Burnout or Resilience: Personal & Organizational Strategies

READING & RESOURCES LIST

Report Link

Direct <https://bit.ly/UleadPrincipalSurvey>

Additional Resources <https://bit.ly/uleadreports>

Contact Information

The ULEAD Website <https://www.schools.utah.gov/ulead/>

Utah Valley University, Education Leadership <https://www.uvu.edu/med/k-12-ed-leadership.html>

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Websites

- MBI-ES/AWS Publisher <https://www.mindgarden.com>
- Center for Creative Leadership <https://www.ccl.org/>

Research Briefs, Guides & Reports

- Principal Retention and Turnover Policy Brief, University of Washington <https://bit.ly/4cXSO08>
- Principal Turnover Research Series, Learning Policy Institute & NASSP <https://bit.ly/3W1gbz7>
- The State of the American Teacher and the American Principal, RAND <https://bit.ly/3S2KgNJ>
- WHO Guidelines on Mental Health at Work <https://bit.ly/4618q0l>

Trade Publications

- *Banishing Burnout: Six Strategies for Improving Your Relationship with Work* by Maslach & Leiter
- *The Burnout Epidemic: The Rise of Chronic Stress and How We Can Fix It* by Moss
- *Deliberate Calm: How to Learn and Lead in a Volatile World* by Brassey, Smet, & Kruyt
- *Embrace the Suck: The Navy SEAL Way to an Extraordinary Life* by Gleeson
- *Flipping the Switch: Unleash the Power of Personal Accountability Using the QBQ!* By Miller
- *The Happiness Advantage: The Seven Principles of Positive Psychology that Fuel Success and Performance at Work* by Achor
- *The Performance Curve: Maximize Your Potential at Work While Strengthening Your Well-Being* by Watkins & Dietzel
- *The Resilience Breakthrough: 27 Tools for Turning Adversity into Action*

Trade Writing

- Harbatkin, E. & Henry, G. T. (2019, October 21). *The cascading effects of principal turnover on students and schools*. Brookings. <https://www.brookings.edu/articles/the-cascading-effects-of-principal-turnover-on-students-and-schools/>
- Margolis, J. D., & Stolts, P. (2010). How to bounce back from adversity. *Harvard Business Review*, 88(1-2), 86-92. <https://hbr.org/2010/01/how-to-bounce-back-from-adversity>

Selected Journal Articles

- Bartanen, B., Grissom, J. A., & Rogers, L. (2019). The impacts of principal turnover. *Educational Evaluation and Policy Analysis*, 41(3). https://www.researchgate.net/publication/333693892_The_Impacts_of_Principal_Turnover
- DeMatthews, D. E., Knight, D. S., & Shin, J. (2021). The principal-teacher churn: Understanding the relationship between leadership turnover and teacher attrition. *Educational Administration Quarterly*, 58(1). <https://doi.org/10.1177/0013161X211051974>
- Grissom, J. A. & Bartanen, B. (2019). Principal effectiveness and principal turnover. *Education Finance and Policy*, 14(3), 355-382. https://doi.org/10.1162/edfp_a_00256
- Ning, B., Liu, H., & Cui, Y. (2022). Working conditions influencing junior school principalship as a satisfying profession: A cross-country comparative study. (2022, March 25). *Frontiers in Psychology*, 13(1), Article 834349. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8990902/pdf/fpsyg-13-834349.pdf>
- Skaalvik, C. (2020). Self-efficacy for instructional leadership: relations with perceived job demands and job resources, emotional exhaustion, job satisfaction, and motivation to quit. *Social Psychology of Education*, 23(1), 1343-1366. <https://doi.org/10.1007/s11218-020-09585-9>
- Wang, F., Pollock, K. E., Hauseman, C. (2018). School principals' job satisfaction: The effects of work intensification. *Canadian Journal of Educational Administration and Policy*, 185(1), 73-90. <https://files.eric.ed.gov/fulltext/EJ1179195.pdf>
- Yan, R. (2020, February). The influence of working conditions on principal turnover in k-12 public education. *Educational Administration Quarterly*, 56(1), 89-122. <http://dx.doi.org/10.1177/0013161X19840391>

For a complete list of references, refer to <https://bit.ly/UleadPrincipalSurvey> and related materials at <https://bit.ly/uleadreports>.