

# Can a Wellness Program Contribute to Student Teacher Resilience?

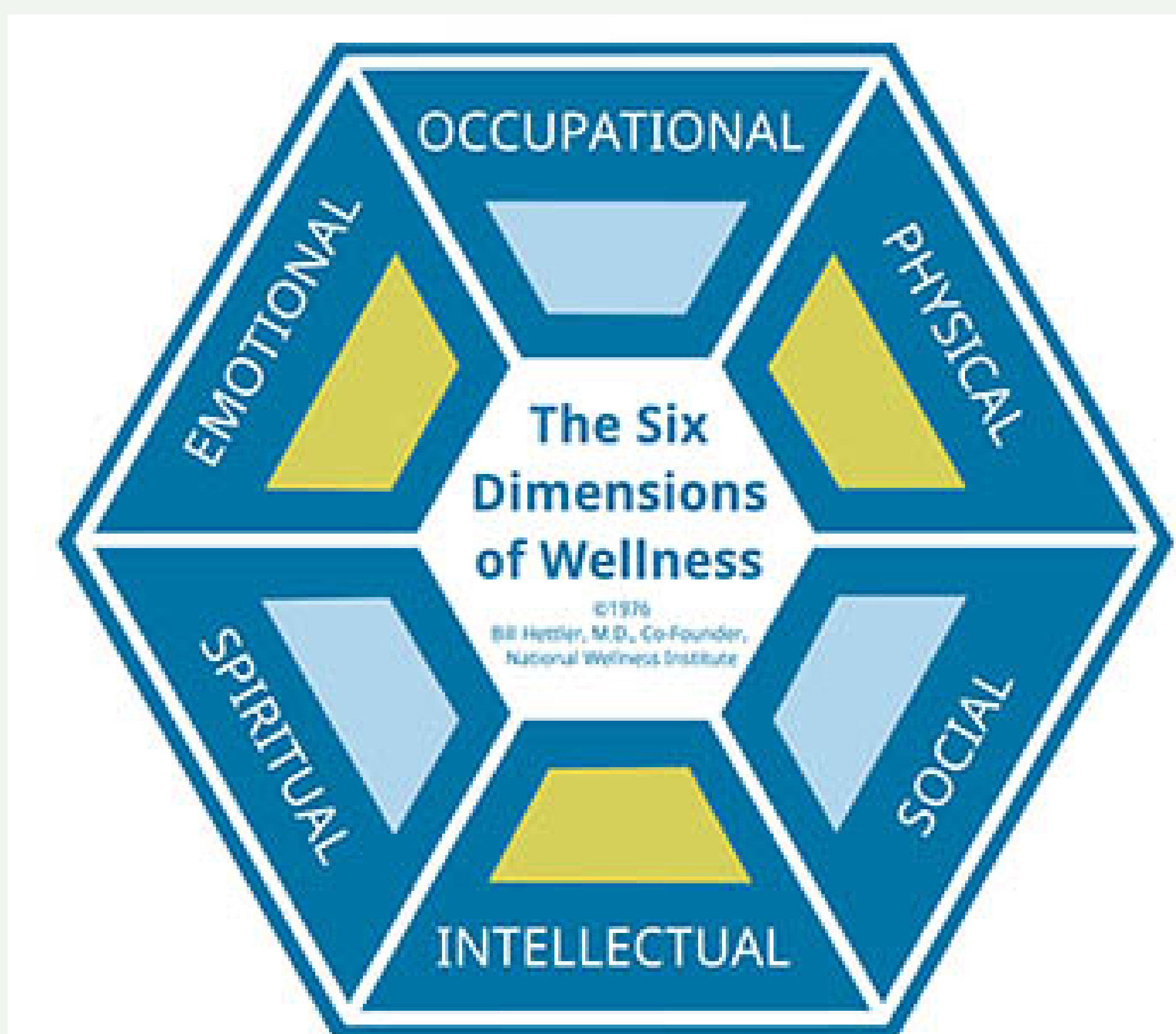
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## Introduction

### Literature Review

- Approximately 50% of teachers leave the classroom within the first five years (DeAngelis & Presley, 2011).
- Teachers experiencing high levels of stress have been linked to poor quality of life and often negatively impact teacher effectiveness in classrooms while simultaneously contributing to poor student-teacher rapport (Fantuzzo et al., 2012; Yang et al., 2009, Abel&Sewell, 1999; Kokkinos, 2007).
- Student teachers, who are just being introduced into the field of education, often experience the same stress.
- There is a need to critically analyze the student-teacher experience within college and teacher training programs to determine how to better prepare them for the adjustment and introductory stress of becoming a classroom teacher.

### Temple Fit



- Temple Fit, a wellness company, addresses teacher stress at the primary level, before individuals enter their first professional year as a teacher
- Focuses on the six dimensions of wellness: financial, emotional-mental, intellectual, physical, social, and spiritual.

## Method

### Research Questions

1. What are the student teachers' perceptions of Temple Fit?
2. What effect does the implementation of Temple Fit have on teacher resilience and the stress associated with teaching?

### Research Design

- IRB approval was obtained.
- Participants recruited from FAMU DRS Freedom School (FS) student teacher cohort
- Informed consent obtained
- Data collected through observations, field notes, focus groups, and interviews

### Participants

The study utilized a convenience sample of preservice teachers working at the FAMU DRS Freedom Schools, located in Tallahassee, Florida.



## Results

### Data Collection and Analysis

- Temple Fit observations – six 3-hour long observations conducted over the course of FS
- Student Teacher Interviews- Individual interviews took place one week after the end of Freedom School lasting 30 minutes and addressing the student teacher's experience with Temple Fit and FS
- Student Teacher Focus Groups- participants engaged five questions centering around their experience within Temple Fit
- Data Analysis - Data analysis is ongoing

### Preliminary Findings



### References

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