

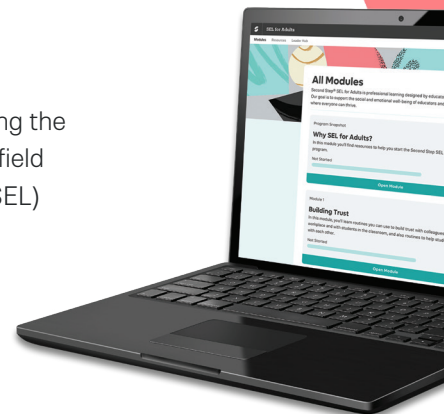


Second Step®  
SEL for Adults

# Prioritize Educator Well-Being

## Burnout and Stress Among Top Reasons Why Teachers Quit, Even Before the Pandemic

Before the pandemic, K-12 teachers were reporting record stress levels and rates of leaving the profession were the highest on record.<sup>1,2</sup> This prompted thought leaders in the education field to turn their attention to educator well-being and the value of social-emotional learning (SEL) and development for adults—school leadership and staff in particular.



## What the Research Says

**#1**

Teachers and nurses experience the highest rates of daily stress among all occupational groups.<sup>3</sup>

**46%**

Nearly half of teachers report significant stress and burnout.<sup>4</sup>

**41%+**

More than 41% of teachers leave the profession within five years of starting.<sup>5</sup>

**\$**

For every teacher that leaves, the school accrues a cost of approximately \$20,000.<sup>6</sup>



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## The Pandemic's Effect on Teachers

The pandemic has added more stress to an already high-stress profession. Job satisfaction and morale have dropped, causing a K–12 teacher shortage with real consequences.



K–12 employees' general satisfaction with their employers fell from 69% in March 2020 to 44% in October 2020.<sup>7</sup>

In an EdWeek Research Center survey, nearly three-quarters of teachers reported their morale is lower than before the pandemic.<sup>8</sup>

75%

2x

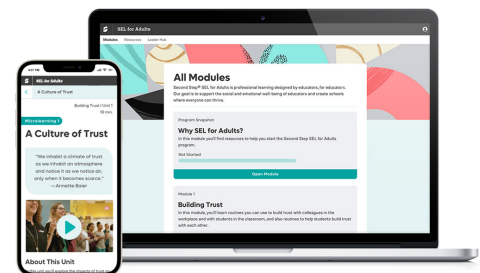
A 2021 survey found that stress was the most common reason for leaving public school teaching early—almost twice as common as insufficient pay.<sup>9</sup>

More than 40 states have reported teacher shortages for the 2020–2021 school year.<sup>10</sup>

40+

## How Second Step® SEL for Adults Can Help

- Second Step SEL for Adults is a research-based professional learning program designed to support K–12 educators' well-being. It helps educators build a positive school climate by providing the training, knowledge, and resources they need to reduce stress, create a more supportive classroom environment, and thrive in the workplace.
- Socially and emotionally resilient teachers have higher-quality relationships, are better able to manage stress and emotions and build a sense of efficacy, and are more likely to stay and thrive in their roles.<sup>11</sup> Educators' social and emotional resilience also leads to improved student learning and performance.<sup>12</sup>



### Chat with an Expert

Tricia Maas, Ph.D., is a senior research scientist at Committee for Children, specializing in SEL and developing strong educator communities. She leads research for Second Step® SEL for Adults.

### Media Contact

Jordana Ehling  
Public Relations Manager  
jehling@cfchildren.org  
206.438.6378

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