

What's the Buzz? Infographic

Buzzwords in Education Explained

Dive in! Examine popular teaching approaches. Discover how to apply the strategy and eliminate misconceptions about these trending buzzwords.

WORK-LIFE HARMONY

Integration of work and personal life in a way that promotes happiness at work and at home. Everyone has a ratio that works best for them. Unlike work-life balance, this philosophy recognizes that it is exceedingly difficult to totally separate work and personal life, and that attempting to do so can actually negatively impact well-being.

WHEN TO USE IT?

Any time an individual can clarify their personal and professional goals and define how these two areas can complement each other

HOW TO USE IT?

Certain aspects of work result in satisfaction and growth, as do aspects of our personal lives. Allowing both aspects to support each other in a healthy manner, rather than sharply delineating them, can bring positivity to both.

WHY USE IT?

When personal and professional lives align, people report greater satisfaction in both and experience less burnout. In fact, just working toward harmonizing personal and professional lives begins to produce those benefits