

Teacher burnout, improvements and hopes for new tech

Hey Teacher Tapp Community!

Week 24 and the Teacher Tappers are still growing!

Another week, another amazing round of insights from our growing Teacher Tapp community! We have sent out more gift cards, and we hope you are enjoying your caffeinated treats! We still have space for more teachers, so please help Teacher Tapp grow and tell your friends about the app!

■ Reminder: Keep tapping! If you answer 30 days before the end of April, you'll earn a Starbucks gift card as a little thank-you from us. ■■

This offer is limited to the first 1,000 teachers who sign up, so tell your teacher friends to be quick! Send them this blog and tell them to join the app today and help correct the narrative about education in the US.

To qualify, you must:

- Be a K-12 teacher currently employed in a US school ■■
- List your school's name in your Teacher Tapp profile ■■
- Be a legal resident of the United States ■■■■

■■ [Read the full terms and conditions here](#)

Want to make the Teacher Tapp community even stronger? Invite your colleagues to join! The best link to share is onelink.to/teachertapp – it takes them straight to the app store! ■■■

Now, what did teachers tell us this week? Let's find out...

1. Teacher burnout

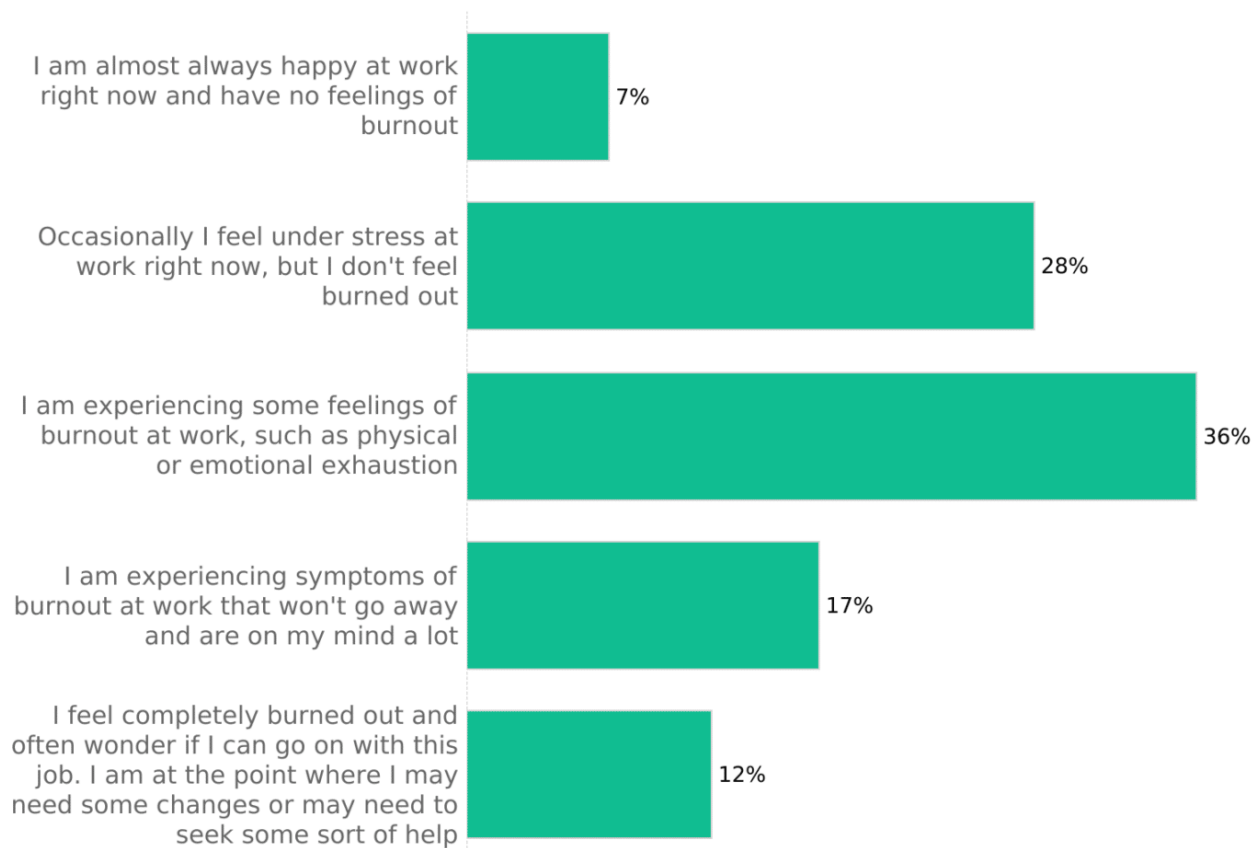
Teacher burnout is a big concern – whether it is yourself or your colleagues – it is essential to be on the lookout for signs that someone is working to the point of exhaustion, or if the policies in a school are leading to teachers overworking and becoming sick.

More than one in ten teachers (12%) say they are currently feeling completely burned out. A further 53% of teachers are feeling at least some symptoms of burnout. These teachers say

they experience a loss of sleep, or a worry about work that won't go away. There is little difference between grade levels and is roughly similar to the rates seen in England!

In contrast, just 30% of teachers don't feel burned out - either sometimes feeling stress or completely happy!

To what extent are you suffering from burnout?



Teacher Tapp USA - Question answered by 642 teachers on 21/03/2025

2. Teacher Improvement

In slightly happier news, almost 90% of teachers agreed that they have clear goals to improve their classroom practice. This sentiment is consistent across grade levels - with 31% of teachers in elementary, middle and high schools 'strongly' agreeing with the statement.

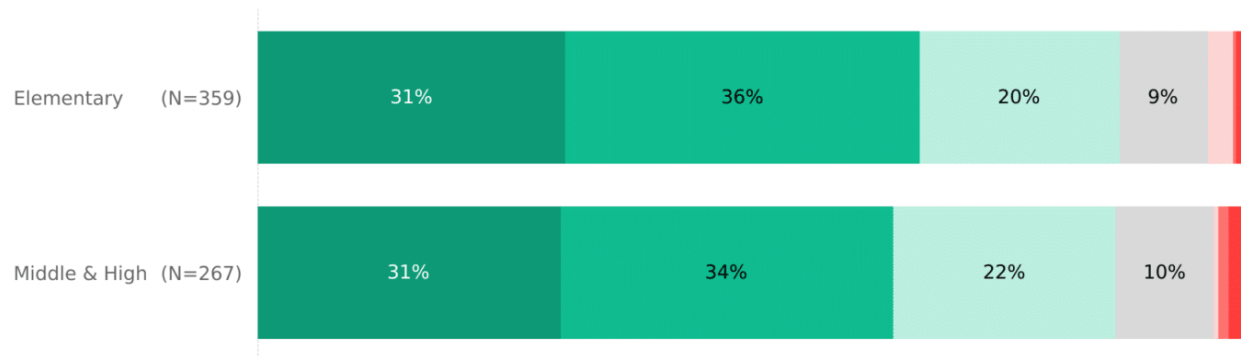
There are many common concepts that educators are specifically reading about to improve their classroom practice. These include:

- Cognitive load theory (55% of teachers said they have read something about this in the past year)
- Grit/growth mindset (45%)
- Retrieval practice (40%)

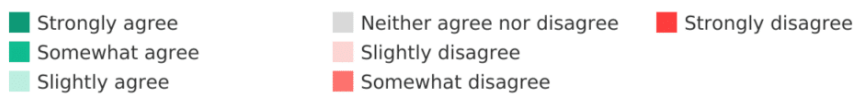
Looking for fresh insights? A new daily read recommendation is available each day on Teacher Tapp, often featuring blog posts, articles or other thought-provoking resources - be sure to

check them out!

I have clear goals for how I would like to improve my classroom practice



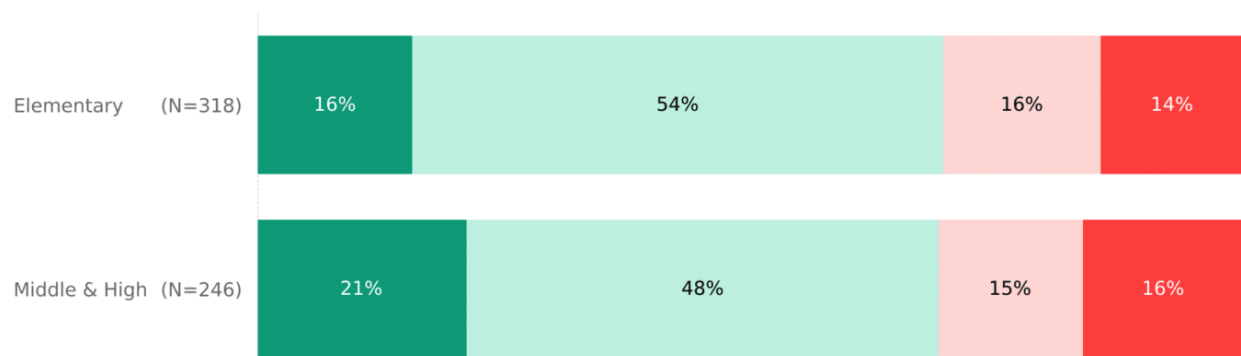
Teacher Tapp USA - Question answered by 626 teachers on 22/03/2025



It's all well and good having clear goals to improve classroom practice – but do schools have a common idea about what effective teaching looks like? Mostly – yes, according to teachers at least!

Approximately two-thirds of teachers agree that their school has a shared language for talking about effective teaching.

My school has a shared language for talking about effective teaching



Teacher Tapp USA - Question answered by 564 teachers on 26/03/2025



3. New technology: a better world for teachers?

It would be great to think that as technology improves, so will educational outcomes. But do teachers believe this is true?

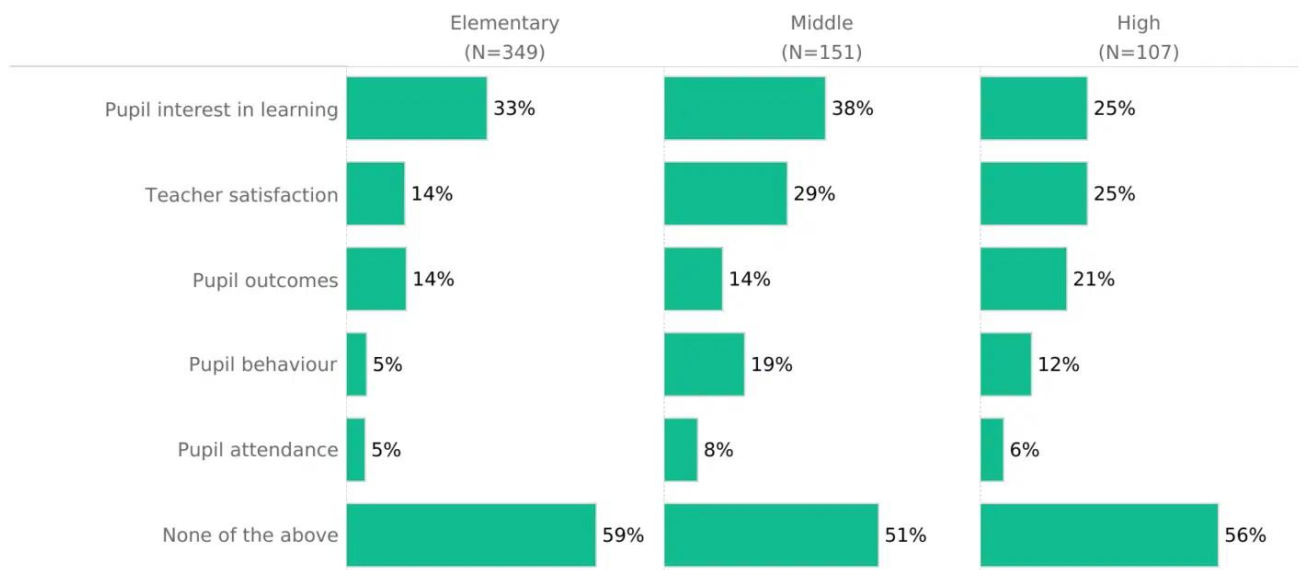
The most likely response from elementary, middle and high school teachers is that technology

will not lead to improvements of pupils learning, teacher satisfaction, outcomes, behaviour or attendance.

Teachers in all types of schools thought pupil interest in learning will improve in the next three years due to technology (33% elementary, 38% middle, 25% high).

Next most common was teacher satisfaction (14%, 29%, 25%) and then pupil outcomes (14%, 14%, 21%).

In three years from now, which of the following do you predict will have been improved due to technology?



Teacher Tapp USA - Question answered by 607 teachers on 23/03/2025

+ More Starbucks!

This week the first Starbucks gift cards were flying out to your inboxes!

Over 500 Teacher Tappers received their Starbucks gift cards!

Starbucks gift cards have been zooming out of Teacher Tapp HQ to our 30-day Tappers! BUT! It's not too 'latte' (sorry not sorry) for other teachers to take part!

Tell your friends about the offer and they can join you in a celebration coffee at the end, as we still have spaces left for new teachers to join.

And that's not all...we made an important change to how we calculate your Starbucks gift card counters...

Keeping a 30-day streak to earn your gift card without missing a day is tough. When we launched our Starbucks offer, we wanted it to be a fun challenge - but we've listened to your feedback and made an important change! ■■

■ ■ What's Changing? ■ ■

You now only need to reach 30 days total by the end of April to earn your gift card- your counter won't reset if you miss a day.

All gift card streak counters have been updated – previous "streak breaks" no longer count against you.

Daily Reads

We know lots of teachers on Teacher Tapp LOVE the daily reads! If you have ideas of reads we could feature, get in touch by emailing usa@teachertapp.com and we will check it out!

This week our most-read blog was a special one for elementary and middle school teachers [about multiplication table games.](#)