

Life After Teaching

Which Jobs Should I Look For?



Hello Again!

Thank you so much for downloading the “Which Jobs Should I Look For?” excerpt from www.LifeAfterTeaching.com!

This step of the process is so, so important when you’re considering a new career. You can’t apply for a job, write a resume, or even tell people you’re looking if you aren’t sure what you want to do!

If you can't express what you want to do and why you're qualified to do it, no employer will give you a second look.

You could apply to every job you come across, work as hard as you possibly can, and even have a best friend who is a hiring manager and needs to hire someone, and you won’t see a single drop of success.

This excerpt will help you consider how your interests, passions, and talents can help you target jobs you'd be good at.

When you’re done, you’ll have the information you need in order to...

- Organize your resume
- Write a compelling cover letter
- Interview for a job with confidence

So, let’s make a plan! I’m excited to walk you through this process, and I can’t wait to see what fun careers you brainstorm for your future. Thank you for bringing me along for the ride!

Sarah Greesonbach

www.LifeAfterteaching.com



Step One: Recover Yourself

If you are leaving teaching for financial reasons, you may not need to read this section. However, if as a teacher you experienced abnormal, excessive stress or any kind of traumatic situation, the first step in finding a new career is to spend some time with self-care.

You're about to rebuild and restart a huge part of your life. You simply can't dream big or think positively if you are over-stressed, sad, worried, or stuck!

The first thing we're going to tackle are basic concepts for rebuilding and restarting your life, post-teaching.

Please keep in mind that this guide is not written from the perspective of a medical doctor, nurse, or professional counselor. This guide contains basic caretaking and wellness practices based on research and personal experience. In the event that you have a medical condition or worsening sense of depression, don't hesitate to connect with a great counselor and talk out what you're feeling!



Self-Inventory

Do you find yourself wondering what happened to you for the last few years you spent in the classroom? For many teachers, keeping up with lesson plans, politics, and administrative paperwork lends little time to tend to hobbies, read for pleasure, or maintain or create new relationships.

And that's just if you had a neutral teaching experience. If you had a negative teaching experience, it is possible that your daily routines became survival routines – food that fuels you instead of inspiring you, exercise that maintains your health instead of challenging you.

Stress and fear of any kind have a way of turning you into a zombie of your former self, so the first step in successfully transitioning out of teaching is to figure out a little more about this creature called you.

Personal Inventory

Take time to journal, write, or talk with a friend about your likes and dislikes. From simple things such as food, movies, and TV, to basic core principles and preferences, you might be surprised how much can change about yourself when you “aren't looking.”

Try to think about the following questions and see if you are surprised by your own answers:

- Do I believe in the basic goodness of human beings?
- Am I more conservative or more liberal?
- Am I comfortable receiving compliments?
- Do I like following the news and current events?
- Am I modest?
- Do I like to be the center of attention?
- Do I like trying new things?
- Am I concerned with how successful I appear to others?
- Do I have a few close friends or a large number of acquaintances?
- Do I like interacting with people in a large group or one-on-one?
- Do I accept criticism well?
- Do I like setting goals for myself and achieving them, or do I prefer to take life as it comes?



Professional Inventory

Before you start to look for a new career or work on your resume, take time to explore what you did and did not like about teaching or other jobs you have had in the past. Use the following list as a conversation or journal-starter to see what kinds of careers you might want to look into:

- Do I like talking in large groups?
- Do I prefer to be solitary or social?
- Do I like to take leadership in a group, or would I prefer to be in the background?
- Do I have talent for influencing people?
- What kind of hours do I want to work?
- Do I want to work with people or with a computer?
- Do I want to work with people of my own age or from similar backgrounds?
- Do I like customer service?
- Do I like technical aspects of work?
- Do I need to feel like I am helping people?
- Am I willing to travel?
- Do I have a creative, evaluative/analytical personality, or perhaps both?
- Do I prefer guidance and instruction, or to figure things out on my own?
- Do I like interacting with people?

Self-Care

If you entered into survival-mode, it is also important to give yourself time to adjust your new feelings, situation, and station in life with the following self-care tips:

De-stressing Tactics

- **Talk with someone about failure.** If you haven't already, talk about what you're going through with someone you trust. This is a very important step in being okay with leaving teaching. Maybe the best audience for you is a counselor, or maybe it is your parent, spouse, or teacher friend, but find someone with whom you can talk honestly about feelings of failure. Otherwise these feelings can linger and negatively impact your new job and quality of life.

- 
- **Plan for your feelings to follow you.** Since teaching has a clear series of emotions tied to certain times of year (think the back-to-school rush or the post-winter-break-blues), chances are you will carry the emotional year with you even after you have left the classroom. Even without summer to look forward to, you'll feel the excitement and high of May and June, but also the possible depression and anxiety of November and January. For me, I felt the "Sunday Blues" for several years after teaching, an inexplicable sense of anxiety and fear on Sunday nights, as if my body thought I would be heading back into the classroom on Monday. Plan to feel a little extra stress around old "teacher transition times," especially if you've been teaching for a long time.
 - **Establish a rhythm.** Having reliable, relaxing home rhythms can go a long way to making you feel secure and comfortable during times of increased stress or transition. Investigate different smells, textures, and other physical reminders of comfort to incorporate in your home and your sleep routine to get as much out of quiet time as possible.
 - **Meditate and reflect.** In times of intense transition, it can be hard to focus your thoughts on a given topic. Set aside time each day to let your mind wander. Meditate for five to ten minutes at a time, allowing yourself to monitor your thoughts without censoring yourself.
 - **Spend time alone and with people.** You might find that you lose a sense of awareness or of self-esteem during a time of intense transition. Be kind to yourself as you find a balance between being around people and spending time alone. Try to become comfortable doing either for periods of time.
 - **Revisit old hobbies and explore new ones.** When you transition out, you may find yourself with more time on your hands. Without something to do, your mind can linger on residual anger about teaching. Revisit old hobbies you used to enjoy or explore new ones to give yourself a healthy outlet for these feelings.





Step Two: Salvage Your Skills and Passions

Welcome to the work portion of this guide. What you are about to read is the heart and soul of figuring out what career you might enjoy. This part will provide the “Ah-Ha!” moments in which you recognize just how many skills, talents, and competencies you have developed during your time as a teacher

Putting Your Competencies and Passions to Work

What follows is a close-to-comprehensive list of tasks and responsibilities of the average teacher. For this exercise, **circle or mark the teaching responsibilities that you performed adequately or well**. These are responsibilities that you did not particularly enjoy, but you always did them on time and competently.

As you work, **put a star next to the teaching responsibilities that you loved as a teacher** – the parts you woke up for in the morning, excited to get to before the rest of your responsibilities took over.

Administrative tasks

- Arriving on time and/or taking very little sick leave
- Monitoring absences for make-up work, missed lectures, discussions, group activities, media presentations
- Tracking student attendance, tardiness, and detentions
- Entering grades into a grade book or computer program
- Lunch duty or other student observation
- Observing other teachers and administrators
- Displaying student work
- Decorating a classroom, tabletop, or bulletin board
- Attending Individualized Education Program (IEP) meetings and understanding necessary modifications
- Writing substitute plans
- Being observed as you teach
- Taking online trainings and attending staff development meetings
- Tracking and taking classes to earn recertification points
- Printing or copying materials for lessons

- 
- Learning schedules for various time arrangements such as 2hr delay, early dismissal, pep rallies, etc
 - Providing or distributing school supplies

Assessment

- Making notes on student progress
- Writing notes on student papers or tests
- Keeping track of IEP modifications and progress
- Tracking assessment data with or without tracking software
- Assessing the level of student skills to inform the creation of assessments
- Analyzing student scores to inform remediation or remedial assessments
- Grading items for correctness (multiple choice, true/false, etc)
- Evaluating written or spoken language
- Writing test questions
- Writing different versions of the same test

Managerial

- Facilitating student discussions
- Managing student behavior while you are speaking
- Managing student behavior while others are speaking
- Pacing presentation to fill estimated time blocks
- Maintaining student focus and interest
- Classroom management including creating policies and rules
- Classroom management including creating a positive and inclusive classroom atmosphere
- Classroom management including training individuals in acceptable behavior
- Classroom management including mediating student disagreements

Content

- Developing introductory activities that put the lesson in context for students
- Researching the content of each individual lesson
- Researching, reading, and watching film about your content area

- Investigating new sources of information or engagement (Youtube, museums, etc)

Lesson planning

- Brainstorming parts of the lesson and the order of the activities
- Brainstorming activities to go along with the content
- Researching different learning styles and adjusting your lessons to those styles
- Designing worksheets
- Reading and viewing materials to continue learning about lesson planning
- Following various lesson plan formats to develop a lesson
- Manipulating technology such as PowerPoint, Microsoft Word, etc, to create lessons
- Writing role descriptions for elaborate activities and exercises

Leadership

- Getting and maintaining student attention
- Distributing and collecting paperwork
- Running activities in which the students are moving around
- Modeling ideal behavior in and out of the classroom
- Share suggestions in staff meetings for best practices
- Take charge in meetings and interactions to reach a consensus

Coordination

- Scheduling long-term classroom needs such as library time, computer time, or computer carts in advance of lesson
- Arranging for presenters or guest speakers
- Planning school field trip logistics
- Planning the semester, six weeks, nine weeks, etc, of topics
- Planning long- and short-term cross-curricular activities and lessons
- Sponsoring or observing clubs or sports teams
- Attending extracurricular events (concerts, games, meets, etc)
- Monitoring and updating fundraiser trends
- Managing long-term communication efforts of a particular team or club

- 
- Running meetings with large groups of students (40+), or small groups of students (10 or fewer)
 - Putting students to work for a good purpose (volunteering, fundraising, etc)
 - Arranging supervision schedules for a group of adults
 - Planning or running staff events, surveys, or scheduling announcements
 - Developing and maintaining a budget

Communication

- Working through a particular problem or concept one on one, as a small group, or as a large group
- Remediating students after they miss test questions one on one, as a small group, or as a large group
- Participating with students in an after-school setting (being social with students)
- Being in a mentor position to a student in a one on one situation
- Calling or emailing parents
- Attending or running meetings with parents, students, administration, or social workers
- Articulating class rules or behavioral concepts
- Mediating physical altercations
- Managing scholastic social media
- Communicating with other teachers, administration, etc
- Offering vocal feedback on student work
- Giving long lectures

Education-Related

- Monitoring education topics in the news
- Attending city hall and school board meetings
- Writing letters to the editor or engaging in the media
- Keeping up to date with latest state standards and question formats

Step Four: Matching Your Strengths With Real Careers

You've done some hard, reflective work. Pat yourself on the back! And now it's time to match those interests and passions with possible career opportunities! Read on for five ways to connect what you like to do with what kinds of jobs you should be looking for:

Linear and Nonlinear Job Hunting

Whether you know it or not, you probably think about job hunting linearly. That means English teachers must need to be English professors or writers and Chemistry teachers have to do something...chemistry-ish.

However, many people end up in nontraditional fields that deviate from their backgrounds. This is what happens when you align your job with your talents and habits, not necessarily your subject matter.

What follows is a list of linear and nonlinear jobs. The first list of linear jobs will help you find a fit according to your content area, and the second according to the talents and interests you outlined in the previous section of this guide.

Consider this list to be "Step 1," as you may not find the perfect job title for you in these pages. The important thing is to use this list as a jumping-off point for thinking about the many different ways you can use your expertise or skills to serve a business or nonprofit.

Look around. Google these titles, and see how many opportunities there are for you to take advantage of. We'll worry about getting the job in the next chapter.

Job Titles by Content Area (Linear)

Math	Science	English and Language Arts
Statistician	Technical Writer (Science topics)	Technical Writer
Financial Management	Natural science manager	Editor (Technical, Magazine)
Personal financial counselor	Community college teacher	Instructional Design Specialist

Community college teacher College professor Librarians Library Technicians and Assistants Actuaries Operations Research Analysts Payroll specialist/financial clerk Compensation and benefits managers	College professor Chemical Technicians Biological Technicians Agricultural and Food Science Technicians Archivists Veterinarian Zoological parks, aquariums, wildlife refuges, and bird sanctuaries Researcher Medical Device or Pharmaceutical Researcher or Developer	Social Media specialist Community college teacher College professor Archivists Librarians Library Technicians and Assistants Television: Program developer Human Resources Talent Acquisition
Reading	World Language	History and Social Sciences
Adult literacy and GED teacher Community college teacher College professor Editor Marketing or Public Relations Professional	Second Language Tutor Foreign Service officer Travel Blogger Travel agent Interpreter and translator Community college teacher College professor Website Design	Community college teacher College professor Curators, Museum Technicians, and Conservators National committee PR staffer Museum Employee Regional arts organizations Zoological park, aquarium, wildlife refuge, and bird sanctuary employee Social Worker Therapist or Life Coach (Therapists may need extra schooling)
Family and Consumer Sciences	Physical Education	Other
Community college teacher College professor Entrepreneur: Etsy , Zazzle , etc Chef/Cook Marketing or Public Relations How-To Coach or Instructional Designer	Sports and recreation administrator Fitness trainer and instructor Recreational therapist Community college teacher College professor Health educator Physical therapist	Computer Support Specialist Dental Assistant Graphic design National committee PR staffer Museum Employee Regional arts organizations

YouTube Channel (How-To Videos) Therapist or Life Coach (Therapists may need extra schooling)	Massage therapist Yoga (or other sport) teacher Ergonomic consultant Choreographer	Zoological park, aquarium, wildlife refuge, and bird sanctuary employee
--	---	---

Job Titles by Passion and Talent (Nonlinear)

Mostly Administrative Administrative assistant Paralegal and legal assistant Administrative services manager Archivists Curators, Museum Technicians, and Conservators Librarians Medical secretary Office Manager Human Resources Representative	Mostly Assessments Testing Associate Assessment Director Assessment Coordinator Logistician	Mostly Managerial Project Manager (This is generic title for a position that almost every company has. This title stands for the person on any given project who manages timelines, due dates, and budgeting. Get basic information about this position, then specialize it to a field you enjoy, such as creating content, science, technology, etc). Executive Assistant Team Leader Program Manager
Mostly Content Court reporter Instructional Design Specialist Technical Writer Web Content Writer Editor (Technical, Magazine) Content management specialist Curator	Mostly Lesson Planning Instructional Design Specialist Training and development manager Human resources manager Education coordinator Education specialist Educational programs coordinator	Mostly Leadership School and community service manager School Administration Human resources manager Urban and regional planners Executive director Entrepreneur Public Relations Professional

Mostly Coordination and Event Planning	Mostly Communication	Education-Related
Strategic Communications Social Media specialist Content management specialist Urban and regional planners Event Planner Advertisement and Promotions Administrative services manager Urban and regional planners Marketing Specialist Trade Show Planner Office Manager	Account Specialist/Account Executive (Non-Sales) Strategic Communications Social Media specialist Human resources manager Mental health counselor and marriage and family therapist Training and development manager Public relations manager Public relations specialist	Instructional Coordinators Instructional Design Specialist School and community service manager School Administration Community college teacher College professor Adult literacy and GED teacher Librarians Education coordinator Education specialist Educational programs coordinator Technology-Based Learning Professional

Use Your Old Friend Google

You've uncovered a few key phrases, ideas, and things you love about work in general. It's time to do some Googling and searching on job sites to see what new job ideas you can come up with that will meet your core interests.

For example, if you love content, developing content, or writing curriculum, try these searches on Google:

- Jobs that write content
- Jobs that develop curriculum
- Job ideas for writers
- Job ideas for test writers

Or, head to Indeed.com, SimplyHired.com, or Monster.com (or your favorite job board) and search the following phrases:

- Write content
- Write test questions

- 
- Write curriculum
 - Develop curriculum
 - ... You get the idea!

Take Free Personality and Work-Style Tests

Personality and work-personality tests aren't rocket science, but some of them can be helpful in suggesting possible career paths. For example, if you know your Meyers-Briggs personality type, [this list provides several suggestions based on your type](#). You can also pay \$50 to take the [official Meyer's Briggs Tests](#) and it will give you a printout of suggestions for troubleshooting your career. You can also get creative, though, with the following list of free tests and see what comes up:

- [Meyer's Briggs-Based Personality Quiz](#) from Quistic
- [Meyer's Briggs Descriptions and Career Ideas](#) from Truity

Connect With Things You Like

My motto for the job hunt is, "The answer always surprises you." In order to be surprised, though, you have to keep your eyes out for new things! The most important thing you can do is spend time on the computer each day just reading about different companies and industries. Get on LinkedIn ([and join our group!](#)) and click on the ads. Look at your network and click through to everyone's employer. See what's out there and what catches your eye. You never know when a personal interest might lead to a connection, which might lead to a conversation, which might lead to some natural networking.

Ask Your Spouse or Best Friend

We often overlook the insight that our closest friends and family can offer us. So, now that you've considered some of your options, it's time to get your dream out in the open. Think of 2-3 people you trust and who support you implicitly. These should not be people who would say, "Wow, but you love teaching! You can't leave!" or people who will discount your dream saying, "It's not so bad. Other jobs have it worse!" Think of people who want the best for you, and who miss seeing the bright, shiny look of excitement in your eyes. Ask them, point-blank:



I really respect your opinion and I think you know me very well. Can you think of two or three jobs outside the classroom that you think I'd excel at? What makes you think I would be good at them?

And then.... Sit down and shut up! Listen to what your friend has to say. Even if you think their suggestion is way out there, or could never happen, try to hear them out about what they see in you that they think you could be great at their suggestion.

Growing up all my life, my mom told me I would be a writer. In middle school, in college, and even when I was teaching. I never believed her! I thought for sure that that wasn't possible, and that I just didn't have what it takes to be a writer.

Guess what I'm doing now? For three years I have run a freelance writing business. I love what I do, and I feel lucky to do it every day even when there are ups and downs and stressful moments. I don't like to dwell on the past, but imagine how much anxiety I could have saved if I had been open to my mother's accurate image of what I'm capable of!

You have a secret skill, too, and your loved ones see it in you. Take a moment to truly ask, and then listen to them!



Resources

For further reading, the following books and websites will be very helpful in reinventing your career and seeing how you can apply your teaching skills to jobs outside the classroom:

Career Transition:

[Tools for Teaching](#) by Fred Jones

[Quitter](#) by Jon Acuff

[How Will You Measure Your Life](#) by Christiansen

[The Seven Habits Of Highly Effective People](#), Stephen Covey

[Boundaries](#), Dr Townsend and Cloud

[What Color Is Your Parachute](#) by Richard N Bolles

[Working Identity: Unconventional Strategies for Reinventing Your Career](#), Herminia Ibarra

[You Majored In WHAT?](#), Katharine Brooks, Phd.

[Great Jobs For History Majors](#), Lambert & Degalan

[Strategies For Successful Career Change](#), Martha E Mangelsdorf

[The Ten Laws Of Career Reinvention](#), Pamela Mitchell

[Get The Interview Every Time](#), Brenda Green

Online links and websites:

[Ask a Manager](#), Ashley Green

[Penelope Trunk Career Advice](#), Penelope Trunk

[High Teacher Turnover Rates are a Big Problem for America's Public Schools](#), Forbes

[Finding a Job: Who's Better than You?](#), Consumer Affairs

[Nonprofit Work: 10 Myths](#), Case Foundation

[Purdue Online Writing Lab: Resume Workshop](#), Purdue University

[44 Resume Writing Tips](#), Daily Writing Tips

[How to Write a Resume that Generates Results](#), Rockport Institute

[Resume Writing](#), Boston College