



THE COLLABORATIVE FALL 2024 RESEARCH NOTE PRESENTATION SERIES #1

# Rays of Hope Amid the Clouds: Exploring Mental Health and Wellbeing in Texas Teachers



**Wed, Oct 30, 2024**  
**6:30 - 7:30 PM (CT)**



**Online (Zoom)**



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Dr. Eleanor Su-Keene is a former middle and high school educator and has an interdisciplinary background in the biological sciences, K-12 education, and educational leadership. Her research centers around mental health in principals and teachers and its impacts on self-efficacy, workforce turnover, and school improvement through multi-method approaches.

A career in public education can be physically, mentally, and emotionally demanding. Researchers have documented high levels of stress in teachers due to heavy workloads, behavioral challenges, high-stakes accountability systems, low pay, and other factors that can negatively impact their personal and professional lives. Additionally, teachers report poor overall health and low job satisfaction which can increase their intentions of leaving the profession and contribute to the ongoing teacher shortage crisis. In this research presentation, I will share the current state of stress, mental health, and wellbeing in Texas teachers; the relationship between mental health and occupation factors; and interesting areas for potential interventions.

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