
Introduction

Each of us wants to experience an enriched professional life and a satisfying personal life. Teaching can provide the sense of purpose and real meaning that no other profession can offer. Teaching allows us to achieve the satisfaction of knowing that we positively influence the lives of others, while simultaneously creating a quality life for ourselves.

Teaching is society's most important occupation. It is the only profession dedicated to making the world a better place for future generations by focusing energy and attention on our most precious resources—children and youth. And teachers have the opportunity to influence the lives of individuals regardless of their ethnicity, cultural background, socioeconomic status, or ability level. As such, teaching is the one profession that makes all other professions possible.

While teaching is an essential profession, it is also one that is currently experiencing a great deal of external pressure. The demands of our current service- and knowledge-driven global economy have placed intense pressure on our educational system to produce better results. Teachers are required to educate more students, with more challenges, to higher levels of learning than at any time in the history of public education. Higher educational standards, greater accountability for all students, and a more diverse student population are significantly changing the working conditions of teachers. In addition, the world we live in has become more complex. Our lives are changing faster than at any time in human history. Information is expanding at an unprecedented rate, and the technology that allows us to store, organize, access, and exchange the ever-growing explosion of information changes almost daily.

More than any time in the history of the United States, a quality education—one that helps students acquire the important skills, knowledge, and values necessary to be a success in tomorrow's world—is essential. With an understanding that the workplaces of

the present and the future demand a new kind of worker, schools are being asked to produce literate, self-determined, emotionally intelligent, and socially skilled lifelong learners. Certainly, this is a formidable task. Yet it is a worthy challenge. For it is the processes, as well as the outcomes, of teaching and learning that profoundly affect the quality of our individual and collective lives.

Teach Well, Live Well: Strategies for Success is an essential resource for both new and veteran teachers. It provides valuable information about how to (a) prepare properly, (b) teach effectively, (c) collaborate with others, (d) deal successfully with the changing demands of the job, and (e) identify ways for teachers to take care of themselves so they can stay vibrant and productive and lead balanced lives.