



Mitigating Teacher Burnout: Preservice Teaching Candidates' Action Research on Personal Wellbeing

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Research suggests an increase in anxiety and depression among higher education students (Haidt, 2024). How are university educators supporting students to understand and manage stress, so that they can thrive in their studies and in their future profession? This research investigates how students (pre-service teachers) in the Bachelor of Education program at Acadia, learn about and apply course content to engage in personal action research projects affording insights into their own wellbeing. How do they apply their insights and course learning to support their own wellbeing and be well-positioned to coregulate dysregulated students as future educators.

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