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## McGill University Study Exploring Teacher Emotions in the Classroom

To: Presidents and All Members

From: Paul Elliott  
President

### For Action

In 2013, Dr. Nathan Hall conducted a research study studying how teachers were coping with the demands of their profession with the ultimate outcome of finding ways to promote personal and academic development in both teachers and students. Results of the 2013 research were provided to OSSTF/FEESO. Dr. Hall believes that the study was very successful, due in large part to the assistance of OSSTF/FEESO. Since the release of the original findings, Dr. Hall reports multiple in-depth publications concerning the effects of motivational variables and coping strategies on well-being in teachers (project report website: <https://ame1.net/report-teacher-motivation>).

OSSTF/FEESO has again been contacted by Dr. Hall regarding a follow-up study to run in early 2017. This study will specifically explore the emotions teachers experience in class and how they cope with them. More specifically, the primary focus of this project is how teachers manage the requirement to express specific emotions to students (e.g., enthusiasm) that may not in fact correspond with their genuine emotional experiences (e.g., frustration, anxiety), and how this "emotional labour" can lead to burnout and exhaustion in K-12 teachers. The study is completed entirely over the Internet and consists of three phases. The only requirement for participation is recent in-class teaching experience as a K-12 teacher.

There are three phases to this study. In Phase 1, participants complete a questionnaire concerning motivation and emotions in class. The survey in this phase will take approximately 15-25 minutes to complete. In Phase 2, participants fill out a very brief survey (approximately 2-3 minutes) each working day over a two-week period concerning their teaching-related emotional experiences. Phase 3 of the study will occur approximately four months later and will once again involve completing the short survey from Phase 1.

Participants who complete each study phase will have their names entered into a draw for \$500, with participants who complete all three phases thus eligible to win up to \$1,500. For Phase 2 participants, the number of daily mini-surveys completed will correspond to the number of ballots entered for the Phase 2 prize draw (e.g., if you complete eight of the ten possible mini-surveys in Phase 2, your name will be entered into the Phase 2 draw eight times).



Given the renewed focus on the well-being of staff in schools, this research may provide information that may be useful in advocating for OSSTF/FEESO members. Participation is voluntary and meets ethical requirements of McGill University.

Teacher and Occasional Teacher Bargaining Unit Presidents are asked to distribute this information to teacher members. Those interested in participating can click the link below to access the study website: <http://www.surveymonkey.com/r/mcgill-teacher-study>

If you have any questions about the study, please feel free to contact the principal investigator Hui Wang at [hui.wang4@mail.mcgill.ca](mailto:hui.wang4@mail.mcgill.ca) or the study coordinator at [nathan.c.hall@mcgill.ca](mailto:nathan.c.hall@mcgill.ca).

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080 – McGill University Study

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