

Common Symptoms of Burnout

	Yes	No
1. Lack of enthusiasm and energy when training.	<input type="checkbox"/>	<input type="checkbox"/>
2. Avoidance of social contact with learners.	<input type="checkbox"/>	<input type="checkbox"/>
3. Exhaustion at end of instructional day.	<input type="checkbox"/>	<input type="checkbox"/>
4. Difficulty in concentrating on learner comments.	<input type="checkbox"/>	<input type="checkbox"/>
5. Ignoring rather than dealing with issues.	<input type="checkbox"/>	<input type="checkbox"/>
6. Procrastination.	<input type="checkbox"/>	<input type="checkbox"/>
7. Difficulty remembering learners' names.	<input type="checkbox"/>	<input type="checkbox"/>
8. Decreased smiling, less use of humor.	<input type="checkbox"/>	<input type="checkbox"/>
9. Faking interest or sincerity with learners.	<input type="checkbox"/>	<input type="checkbox"/>
10. Falling behind with administrative items.	<input type="checkbox"/>	<input type="checkbox"/>
11. No longer checking equipment and materials properly.	<input type="checkbox"/>	<input type="checkbox"/>
12. Increased irritability.	<input type="checkbox"/>	<input type="checkbox"/>
13. Dreading getting out of bed in the morning.	<input type="checkbox"/>	<input type="checkbox"/>
14. Arriving at the last minute and leaving as soon as possible.	<input type="checkbox"/>	<input type="checkbox"/>
15. Speaking on "automatic."	<input type="checkbox"/>	<input type="checkbox"/>
16. Easily distracted.	<input type="checkbox"/>	<input type="checkbox"/>
17. Desire to spend less time in the classroom.	<input type="checkbox"/>	<input type="checkbox"/>
18. Boredom with course content and learners.	<input type="checkbox"/>	<input type="checkbox"/>
19. Lack of conviction regarding course content.	<input type="checkbox"/>	<input type="checkbox"/>
20. Decreased passion for producing learning.	<input type="checkbox"/>	<input type="checkbox"/>
21. Losing your train of thought more often.	<input type="checkbox"/>	<input type="checkbox"/>