

TEACHERS'

Survival Kit

FOR COLLEGE & UNIVERSITY PROFESSORS

Passion. Patience. Preparation. Purpose.

≡ *You've got this!* ≡

You educate
minds, inspire
futures and
make a difference
every day.



COFFEE / TEA



For early mornings,
long lectures and
never-ending to-do
lists.

LESSON PLANS



For organized
teaching and
impactful
learning.

DRY ERASE MARKERS



For bright ideas,
clear explanations
and colorful
examples.

PATIENCE



For challenging
days and
unexpected
moments.

TECH TOOLS



For presentations,
research and
connecting with
students.

STICKY NOTES



For quick ideas,
reminders and
brilliant thoughts.

GRADING FUEL



For powering through
papers, projects
and late nights.

STUDENTS' POTENTIAL



For the reason
you do what
you do.

CALENDAR



For deadlines,
office hours and
important events.

DEEP BREATHS



For staying calm,
focused and
balanced.

PROFESSOR POWERS

- ★ Expert in your field
- 💡 Inspire critical thinking
- 💜 Mentor and guide
- 💬 Encourage curiosity
- 👤 Build future leaders
- ✅ Make an impact that lasts

DAILY REMINDERS

- ✓ Every lecture matters.
- ✓ Every student is unique.
- ✓ Progress, not perfection.
- ✓ Celebrate small wins.
- ✓ You are making a difference.

FOR THE TOUGH DAYS

- ☕ It's okay to take a break.
- 💖 You can't do it all.
- 🕒 One day at a time.
- ★ You are enough.
- 😊 Ask for help when needed.

DON'T FORGET: YOU MATTER TOO



- 💧 Stay hydrated
- 👤 Move your body
- 🌬️ Take a deep breath
- 📖 Do what recharges you
- 👥 Connect with others

YOUR CLASSROOM IMPACT

You open minds, challenge perspectives
and create a space where ideas grow
and futures begin.

Thank you 
for all that you do!

A NOTE TO SELF

I am here to teach,
not to be perfect.

I am here to inspire,
not to impress.

I am here to make
a difference.



GREAT PROFESSORS DON'T JUST TEACH.
THEY **TRANSFORM LIVES.**

