

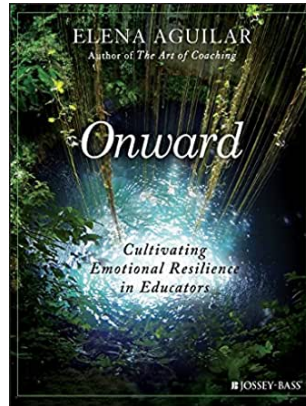
Book Review

*Onward: Cultivating Emotional Resilience in Educators*

By Elena Aguilar

Lindsey Tierney-Jack

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Onward is a book for educators who may need a new perspective on their profession or may need some inspiration on how to handle the ups and downs of teaching. This book discusses how the “opportunity for becoming resilient originates in how an educator makes sense of irritants, interruptions, and unexpected events, because interpretation dictates actions.” There are four parts to the book: who we are, where we are, what we do, and how we are. It talks about using positive habits and ways to build resilience. Aguilar’s research takes a look at psychology, systems thinking, emotional resilience, change management, and ten years of testing in schools and offices.

Since the pandemic started, being a music educator has become more challenging than the normal difficulties that come with the job. We have had to reshape the way we teach while dealing with safety issues and the uncertainty of what is unfolding in front of us. This book gives a positive perspective on how to handle situations that come up in your teaching and how to *ride the waves of change* (chapter 11). It talks about meeting your needs as an educator while also meeting the needs of your students. By sharing our human experiences, it builds community in the classroom, and it can help us connect with our students.

I could go on and on about how refreshing this book was to my 12 years of teaching. You can take it one chapter at a time or read at your leisure. Either way, I highly recommend this book for re-energizing your perspective in the classroom.