

## **In Search of Perfect Balance**

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### **Background Leading to This Inquiry**

- 28<sup>th</sup> Year of service in education
- Blessed with multiple opportunities/experiences to serve in a leadership capacity in the field of education.
- First year as a middle school principal-Took over the principalship at Belzer MS January 1, 2022.
- As a first-year principal, felt as if I was treading water from Sunday to Friday shores. Praying & working to make it through the week while trying to learn how to navigate my new responsibilities, take care of my additional obligations, prepare my son for college, prepare my daughter for high school, be a loving/supportive husband, & take care of me. My plate runneth over!
- As a first-year principal, I felt the need to go deeper than the traditional “to do” list. In order to grow in a holistic manner (personally & professionally) I had to implement a system that would allow me to fulfill my forever growing tasks, reflect on my experiences, & develop action plans that result in productive outcomes.

### **Purpose of This Inquiry**

To gain a greater sense of balance between my personal & professional life as a first year principal by developing systems of organizational leadership, communication, & collaborative practices.

### **My Wondering**

How can personal/professional journaling & action boarding support me in my efforts to gain a better sense of balance?

### **My Actions**

**VB on Deck** – Action boarding/reflective journaling tool designed to support me in developing a greater sense of balance personally & professionally.

- Customized a weekly action board that allowed me to organize task with a greater sense of accountability.
- Intentionally completed & updated VB on Deck action boards every Sunday afternoon. This scheduled time helped me to become more reflective in my approach to planning & seeking work/life balance (Data collection).
- Completed a final rating based upon my weekly efforts (accomplishments).

## VB On Deck

For the week of \_\_\_\_\_

➤ *To Be (Why?):*

➤ *To Do:*

<i>Tasks/Challenges + Outcomes (Reflection)</i>	<i>NQ</i>	<i>Doing</i>	<i>Done</i>	<i>Accomplished</i>	
				Y	N
				Y	N
				Y	N
				Y	N
				Y	N
				Y	N
				Y	N
				Y	N
				Y	N
				Y	N
				Y	N
				Y	N
				Y	N
				Y	N
				Y	N

➤ *Personal Reflection (Challenges & Outcomes):*

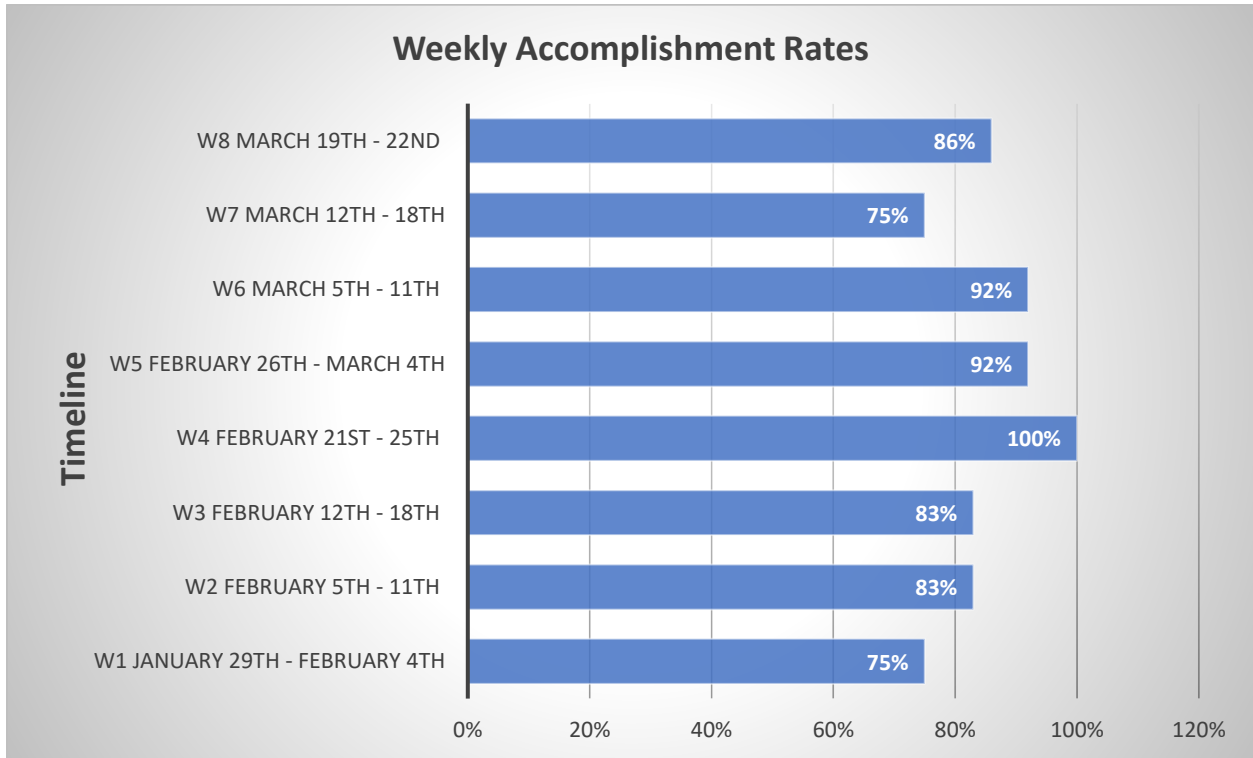
➤ *Weekly Accomplishment Rating:*

Beginning (25-49%) \_\_\_\_\_ Developing (50-69%) \_\_\_\_\_ Applying (70-89%) \_\_\_\_\_ Innovative (90%+) \_\_\_\_\_

➤ *Next Level Moves:*



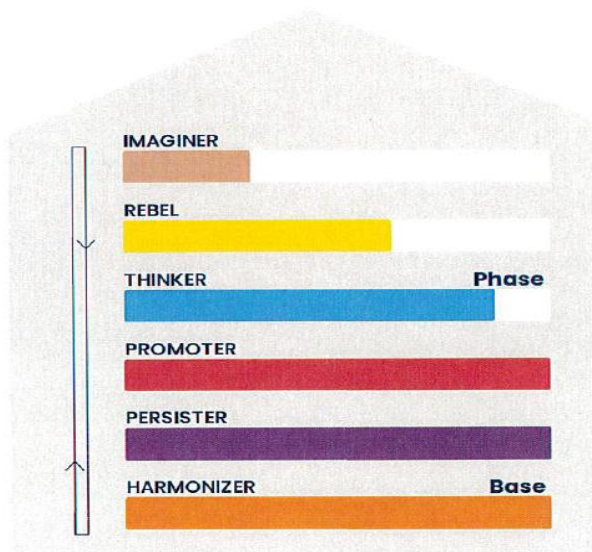
- 13/92 tasks are still works in progress (14.1%)
- Overall rating is applied!

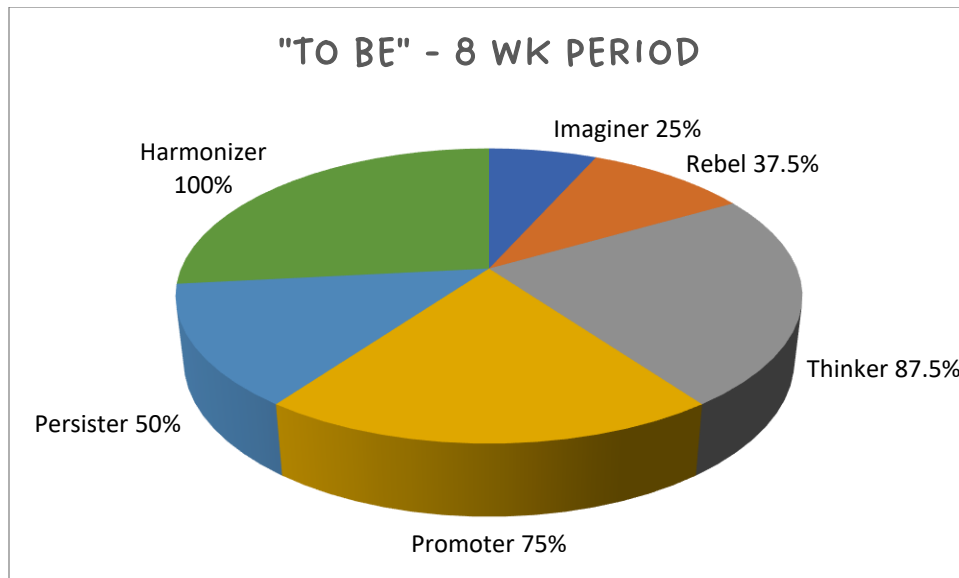


## Victor Bush

 **Phase Thinker**

 **Base Harmonizer** 





### **My Discoveries**

Through my action research project I have:

- ✓ Gained greater insight & vision as to where I am & we are as an organization compared to where we need to be.
- ✓ Gained the ability to establish a greater sense of a long-term vision for the betterment of my personal/professional responsibilities.
- ✓ Gained the ability “To Be” who I need to be in order to improve my quality of service w/out experiencing drastic feelings of being overwhelmed.
- ✓ Made great systemic improvements by empowering members of my A-Team & teacher leaders (distributive leadership).
- ✓ Gained a better understanding of my various hats of service in leadership & the significance of their expected roles. Treating people the way that they need to be treated.
- ✓ Gained a greater understanding the importance of action boarding & reflective journaling.

### **Where I Am Heading Next**

I Am Committed To:

- Continuous personal & professional growth-Leading is learning.
- Continuing the practices of action boarding & reflective journaling.
- Continuing the development of systemic practices that will allow me to maintain a sense of personal/professional balance.
- Intentionally taking care of myself mentally & physically-If you don't take care of yourself, you can't take care of others that you get to serve.

## **Bibliography**

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