Evidence-Based Strategies to Alleviate Caseload- and Workload-Related Stress

INTRODUCTION

Many factors can contribute to school SLPs feeling stressed and emotionally exhausted: large caseload sizes, innumerable paperwork responsibilities, minimal administrative and peer support, and conflicting roles within their work setting, to name a few. This recorded session from ASHA’s 2021 Schools Connect online conference discusses and defines burnout, provides evidence-based strategies that you can implement immediately to reduce caseload- and workload-related stress, and provides examples of ways to advance change on caseload and workload issues on a larger scale.

LEARNING OUTCOMES

You will be able to:

- Apply broad and specific evidence-based strategies to reduce feelings of being overwhelmed in the school setting
- Identify two adjustments to improve time management skills
- Describe three ways you can engage in advocacy efforts that aim to improve working conditions

PROGRAM HISTORY and IMPORTANT INFORMATION

**Recording length:** 48 minutes  
**Online conference dates:** July 14–26, 2021  
**End date:** July 14, 2026

To earn continuing education credit, you must complete the learning assessment on or before **July 14, 2026**.

This course is offered for **0.05 ASHA CEUs** (Intermediate level, Related area).