

# 2025 OKLAHOMA TEACHER OF THE YEAR

## Melissa Evon



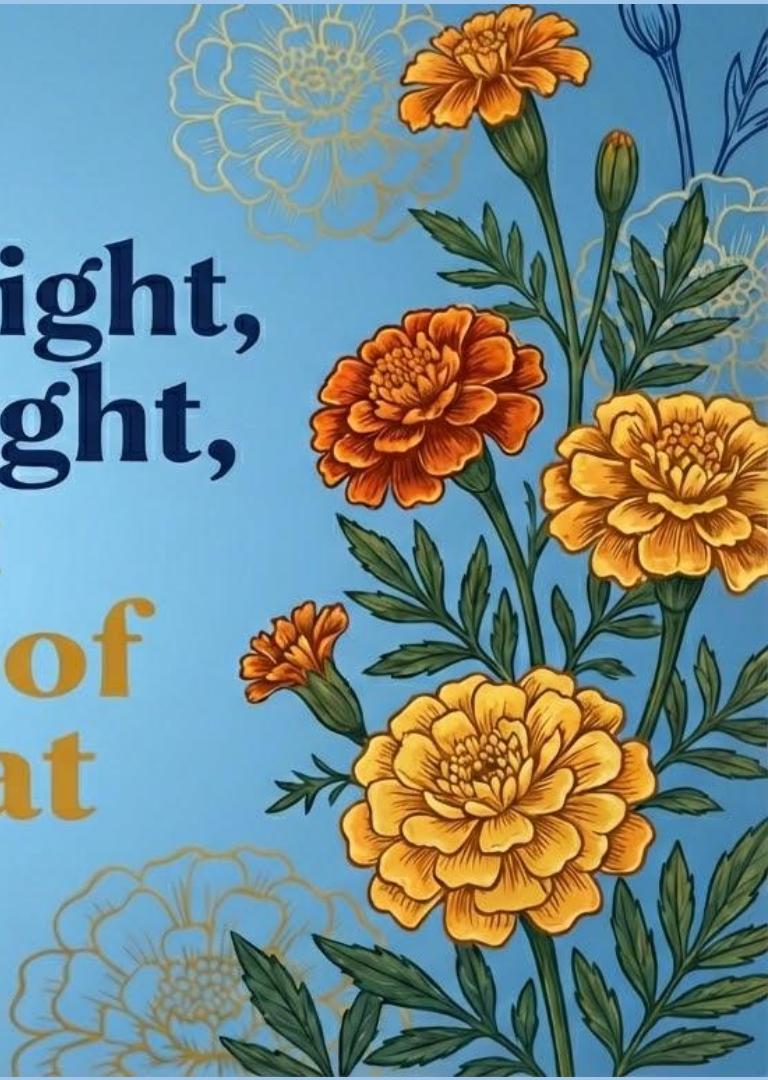




# WHAT YOU DO MATTERS!



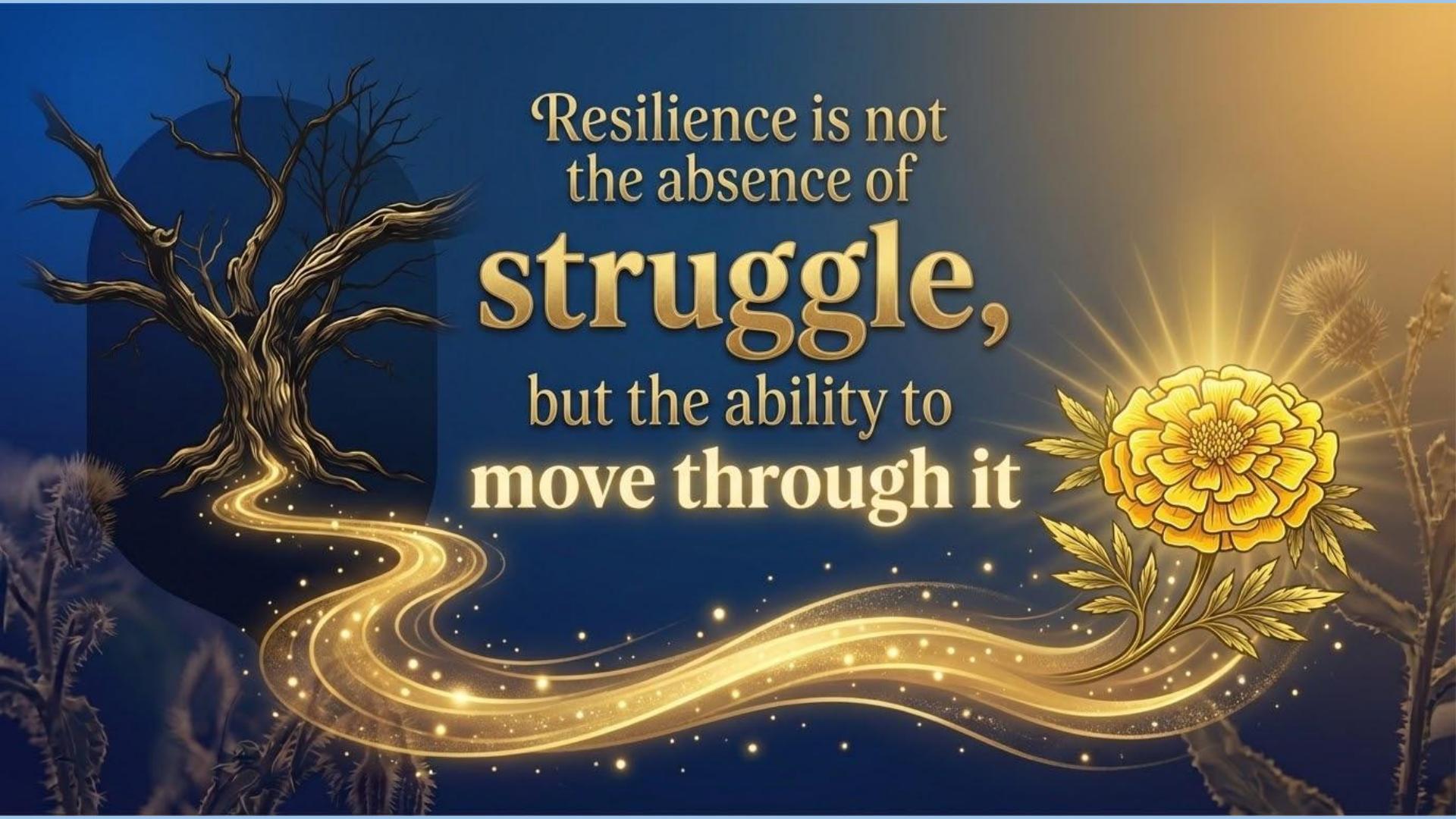
See the light,  
be the light,  
and just  
get out of  
the boat



The year is more than  
half way through!  
You are making it!

It's time to reflect and celebrate!





Resilience is not  
the absence of  
**struggle,**  
but the ability to  
move through it

# The Daily Practice of Bouncing Back

## The 12-Hour Rule:



Honor the frustration,  
then pivot.

## The Bare Minimum Goal:



On the hardest days,  
showing up and being  
kind is a total victory.

## Action:



Give yourself grace  
to be a “work in  
progress.”

# Your Ecosystem of Support

Find Your Marigold:



Surround yourself with those who help you grow.

Ask for Guidance:



Vulnerability is a professional skill.

Reconnect to the “Why”:



When the “What” (paperwork, testing, etc) gets heavy, remember the “Who.”



find your  
**MARIGOLD**  
and be a marigold  
**BE THE LIGHT**

# Reflect and Refocus

---

What are your highlights, hurdles, and plot twists?



# Highlights, Hurdles, and Plot Twists



## Highlights

what were your successes?



## Hurdles

what were your challenges?



## Plot Twists

what were your surprises?

## Why do you want to continue to be a FCS teacher, FOREVER?

- Get to teach kids to be parents
- It's hands on and kids like it
- We are teaching real skills that prepare all students for adult life
- Get to collaborate with other great teachers
- Travel opportunities with students



We are teaching real skills that prepare all students for adult life



Get to collaborate with other great teachers



Travel opportunities with students





Keep working to make things better for the future of your students and your own future. Sign up for the Professional Development.



Meet with your colleagues; the people in this room are people for ideas and so are the people in your districts. Ask questions. No one expects you to know everything.



Share your successes; I know you've had them.



Ask me about the top ten tennis players

# Family and Consumer Science Teachers: Transforming Oklahoma, the work force, and Families through Essential Life Skills



**Communication Skills:**  
Effective dialogue & connection.



**Work Skills:** Professionalism  
& career readiness.



**Personal Financial Literacy:**  
Budgeting & fiscal responsibility.



**Life Skills:** Home management  
& practical knowledge.



**Parenting Skills:** Nurturing &  
child development.



**Confidence:** Self-assurance &  
personal growth.

Let's brainstorm more! Our students and our state need our expertise.

# Educators are the



innovators, the nurturers, the ones  
building life skills and shaping future  
scholars, workers, and leaders in classrooms  
across our state.

What you do every day matters!

# How can I help?

