Teach California

Ask a Teacher Virtual Interview Series

The following is a text transcript of the *Virtual Interview of teacher Michael Bernardis* which is made available by the California Department of Education's Special Education Division.

Describer: Header reads – Make a difference of a life time. Teach. - Teach California – Your first step toward becoming a teacher is just one click away.

Describer: A teacher sitting in his classroom participating in an interview.

One of the things I do in terms of balancing my life is I'm a runner; I like to run every day. So I am dedicated to making sure that when I get home from work, I will make the time to get out and jog and run. It gives me an opportunity to get rid of the stress that is in my life as well as giving me a chance to reflect on my day, how things went with the children and with the parents. It's also being able to just have some time just to enjoy the beauty of outdoors. That is one of the things I love the best, getting out. When the weather is not good, I go to a gym and work out too. So that's a very big part of my life and I find it very beneficial because I feel much better after I work out.

California Department of Education, Special Education Division.