

How do you currently work and look after yourself?

Consider the statements below to help you think about how you currently work and make use of your time:

- I need a quiet space to work and like to be on my own
- I like discussing ideas with other people when I am working
- I work well first thing in the morning
- I work well in the evening
- I like to exercise before work
- I need to be not working at particular times because I have caring responsibilities
- I find organisation easy and am able to allocate jobs to specific time periods
- I find it difficult to share my ideas unless I have had time to think them through in detail on my own first
- When I am tired I find it harder to talk to other people
- I find it easy to talk to work colleagues about what I do in my personal life
- I constantly worry about what other people think of me
- I get obsessed with making one thing perfect and then haven't got time to finish my other work
- When I have worked hard on something, I find it very hard to listen to someone else critiquing it
- I find it hard to decide on a resource to use in my work and keep looking for a better one
- Unless someone else tells me I have done well then I worry that I am doing things wrong
- I put off starting work because I am worried about how much I have to do
- If someone tries to give me feedback I feel like I have to defend myself

Reflect on your answers and try to think about the impact your ways of working may have on those trying to support you when you become a student teacher, for example your mentor in school or your university tutor.

Are there things that you think you might need to work on? For example: time management, self-care, perfectionism.

Explore the resources we have provided, and others you might find, to support you before your course begins.