

Successfully surviving your NQT year

Jennifer Maguire & Alex Fenton



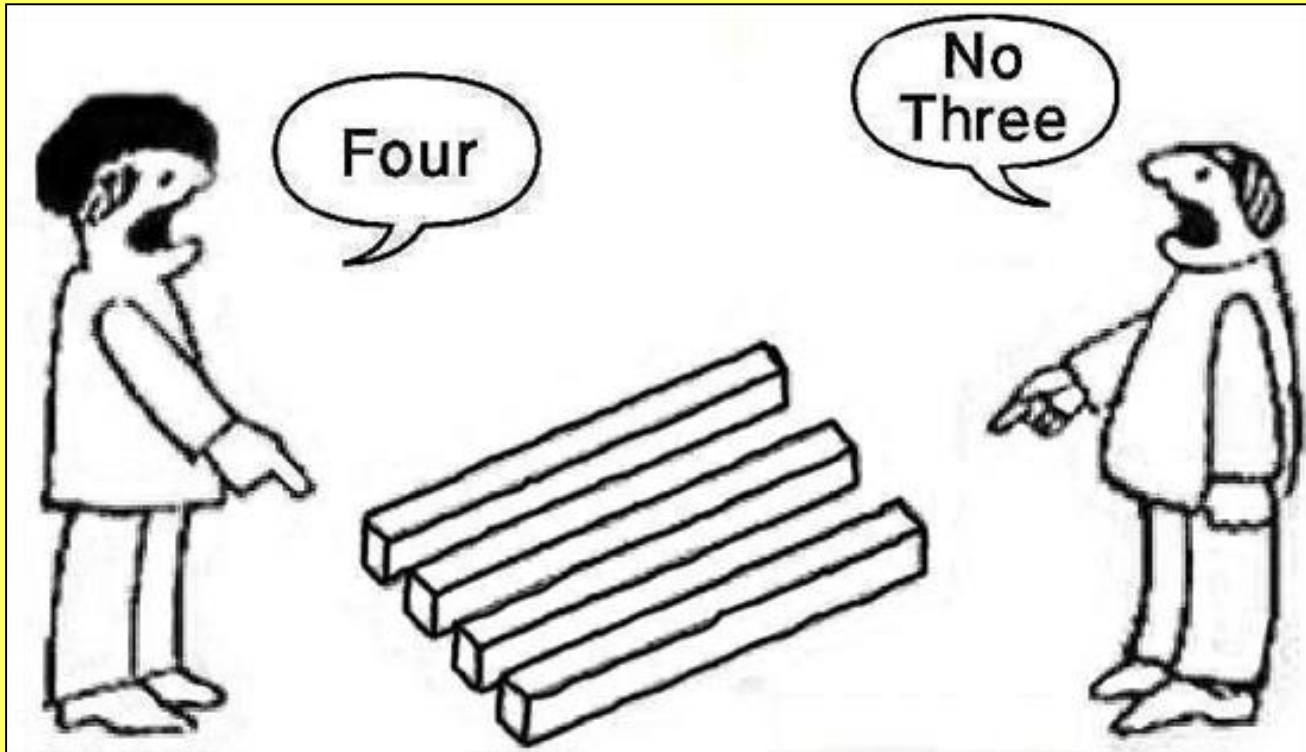


Jennifer

- Completed NQT year 2014/15
- **Blessed Thomas Holford Catholic College**
- Teacher of Sociology, Psychology, Religious Education, Head of Sixth Form Pastoral
- Year 13 form tutor
- Teach Y13, Y12, Y7, Y9

Alex

- Completed NQT year 2014/15
- **Sale Grammar School**
- Teacher of Politics, Sociology, Psychology, PSHE, EPQ
- Year 8 form tutor
- Teach Y13, Y12, Y7, Y9



Everyone's experience in teaching is different...an overview of our NQT years

First Term Stress/Pressures

The pressures teachers are under in their first year has been described as '**equivalent to someone coming out of medicine and becoming a brain surgeon straight away**'.

The first term is the longest term of the year and can appear unending due to...

- The increased 90% timetable and more lessons to plan
- Standards and observations
- Worrying students during exam periods
- Piles of marking

You will be **exhausted!**

Standards and observations

- Similar to your training year.
- **Keep a folder** with evidence, though it doesn't need to be as thick as it was for your PGCE!
- Do this **continually** rather than putting it off. Save time by **photographing** your evidence.
- You should be observed **twice per term** – once by your **line manager** and once by the **ITT leader**.
- Approach these like you did formal observations during your training. **Check with schools protocols**, for example if there is a standard lesson plan to use.

*Make sure you **observe other teachers**, if possible teaching your own students. Seeing how students behave for more experienced teachers will firm up your own expectations.

Helpful tips

- Focus on building **helpful relationships** with students. 'Don't smile 'til Christmas' is extreme **but** remember it is easier to soften up than it is to harden up!
- Establish **helpful routines** in your classroom that will last all year long and save you time and energy.
- Make friends with your colleagues, not just in your own department, and especially with any **fellow NQTs**.
- Get to know the whole school. Take break times and lunch times to get to **know the surroundings** your students experience each day.
- Work out who you can and cannot **confide** in.
- **Be kind to yourself- allocate time for yourself try and find a work life balance. Alex still not doing that!**

Work-life balance

- Work out a **plan** and stick to it! E.g. only working on XYZ evenings after school and giving yourself at least one whole day off at the weekend. Any more than this is **unhealthy/unhelpful**.
- Perhaps have a **timetable** of what work you will do during your **free periods** – it is crucial to **prioritise** your workload.
- **Marking** – make the most of **peer** and **self-assessment**. Spending time creating a mark scheme that students can follow themselves could save you hours.
- Keep in regular contact with **friends**.
- Keep up with the **exercise** you do (or start doing some) as there is nothing better to help **take your mind of school!**
- **Manage your expectations**. This is your first year...every year after you will improve...don't expect things will be perfect straight away. A lot of your workload might come from putting pressure on yourself to perfect your resources for every lesson but this could be unnecessary and unhelpful. It is okay sometimes to **make a mental note of how you might do something differently next time around**.

One way to speed up the
lesson planning process...

Pick 'N' Mix Lesson Planning Tool



Pick 'n' Mix Planning Tool

A single, all-encompassing Power Point containing a wide range of cooperative and engaging learning activities for starters, main learning and plenaries.

How to use it?

1. Open this original Power Point. At the start there is a lesson introduction slide, then activities are split into starters (blue), main lesson activities (orange), and plenaries (red). At the end there is a page complete with embedded timers.
2. Select starter, main and plenary activities that are relevant to your lesson focus (Pick 'n' mix). Copy and paste those slides into a new Power Point to use within your lesson. Select a timer where required.
3. You could print a selection of slides to be made into a classroom display and allow students to choose their own activities.

Four bags of colorful candies, each with a white scalloped border, arranged vertically on the right side of the yellow background. The candies are in shades of pink, orange, yellow, green, and blue.

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If this is the answer, what is the question?

Look at the key words your teacher has written on the board, can you come up with a question for each word?



Describe and Draw

Sit back to back with your partner.
Partner A has an image. They must
describe this image to Partner B, who
has to try and draw it as accurately as
possible!



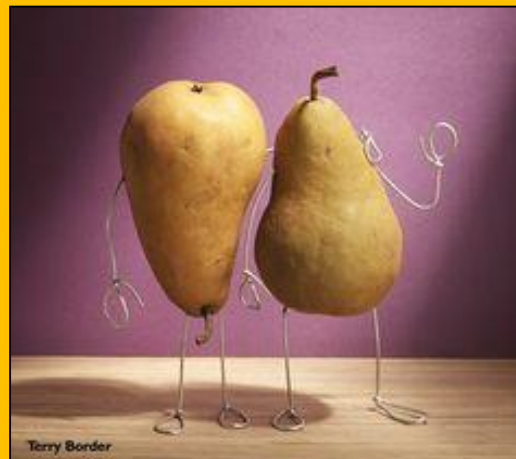
Mix-Pair-Share

1. Students mix around the room.
2. Teacher calls 'Pair'.
3. Students pair up with the person closest to them and give a high five. Students who haven't found a partner raise their hands to find each other.
4. Teacher asks a question and gives think time.
5. Students share with their partner using rally robin.



Expert Pairs

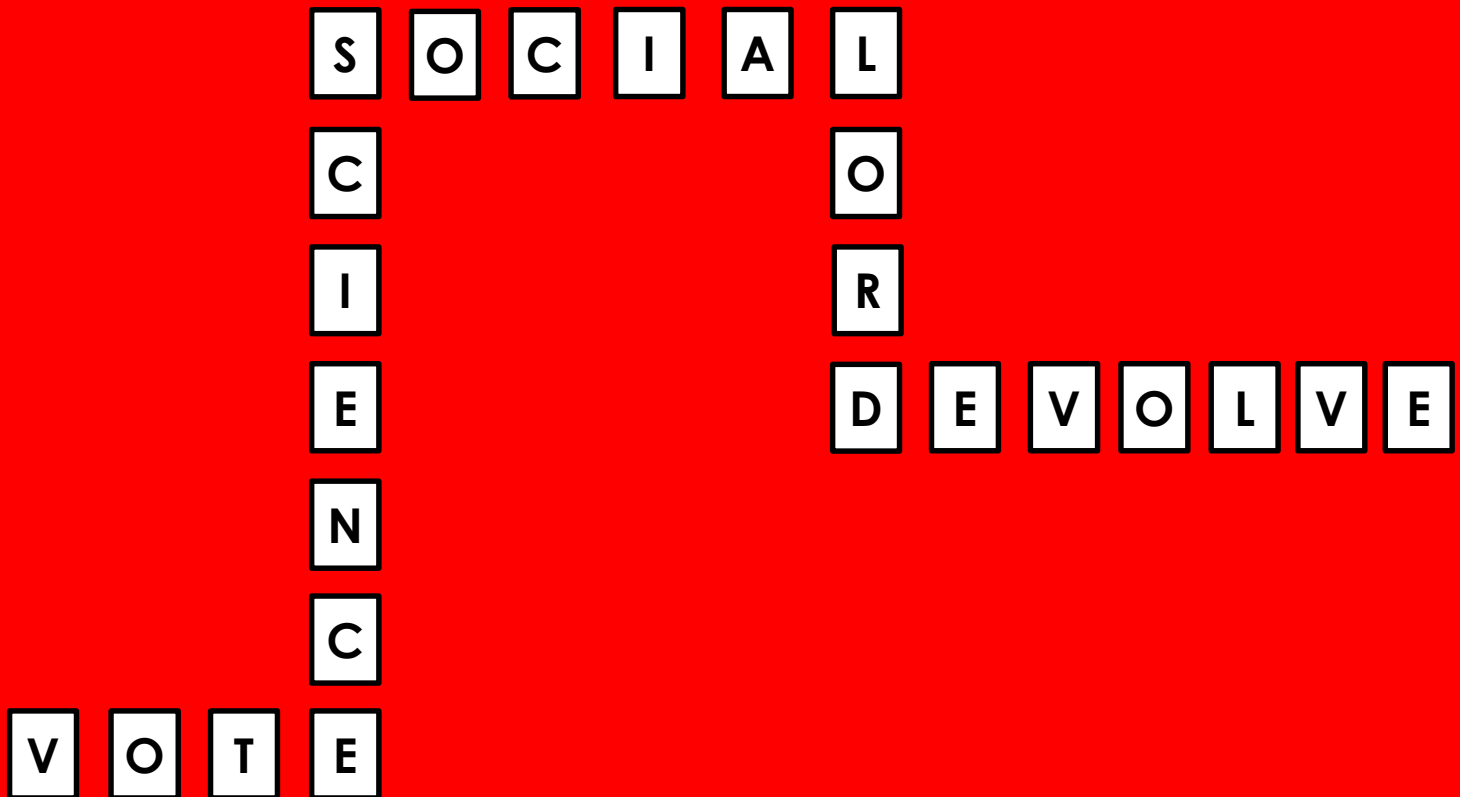
In pairs, students are to study a given topic and create an insightful learning resource. Resources are then stuck around the classroom on the walls. Pairs roam the room making notes on other pairs' topics.





Word Snake

Create a 'Key Word Snake' using the last letter of the previous word as the first letter of the next word. How many words can you include?



...other bits and bobs

- Handling a form
- Knowing who to go to if you're having problems in school
- Parents' evenings



Questions

Answers

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