

THE SURVEY

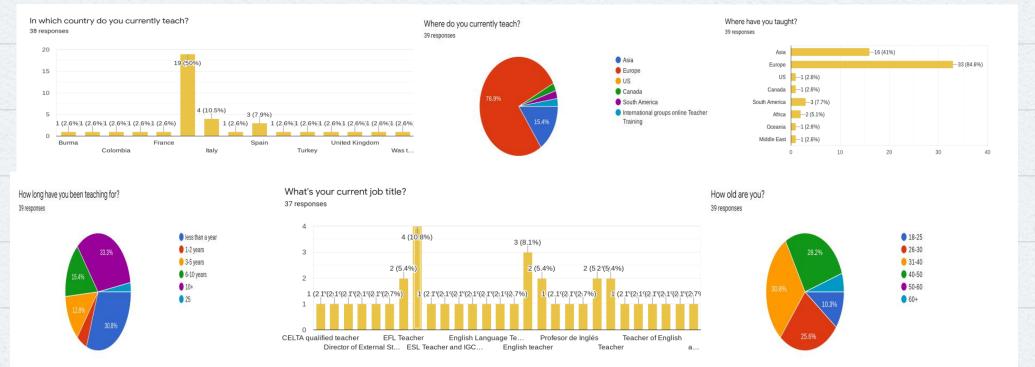
Teaching

- -Classroom management
- -Behaviour management
- -Teaching large groups
- -Lesson Planning

Teacher

- -Time management
- -Work-life balance
- -Mental health and wellbeing
- -Lesson Planning
- -What advice you'd give to yourself when you first started teaching?

SURVEY DEMOGRAPHICS





Go to <u>www.menti.com</u> and enter the code: 867822

Teaching

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X Routines, rules (and consequences), reward systems

X Instructions (clear, graded)

X Scaffolding

X Routines, rules, reward systems

Routine ideas: https://oureltglobalblog.com/2010/11/02/classroom-management-and-young-learners-2/

HTTPS://EFLRECIPES.COM/2014/09/26/YL-ROUTINES-JENNY-HOLDEN/

Rule ideas (or come up with own rules together with your students):

in your seat unless you have permission to get up

Raise your hand to speak

Speak only English

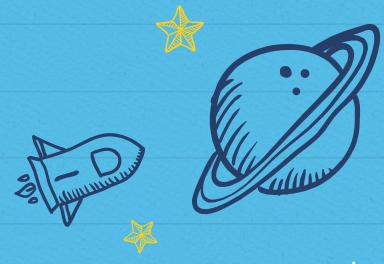
Always come to class prepared

Always respect your teacher and classmates

Finish classwork and homework in a timely manner

Help classmates when they need it

Reward ideas: https://englishteachinglol.com/glassroom-rewards-system/



TIME MANAGEMENT/LESSON PLANNING

Plan less (No CELTA lesson planning)

Be flexible and adapt when teaching Be less prepared, but better rested in the classroom than the opposite

X Prioritise

No time to plan?

Build archive with lesson plans

Have pre-prepared/low resource/revision activities in hand.



X Pre-prepared/low resource/revision activity examples:

Kaboom

Grass skirts

Board race

Six word memoirs

Charades

Pictionary

Back to the beginning

Twitter summaries

Surveys

Taboo

Backs-to-the-board

WORK-LIFE BALANCE/MENTAL HEALTH AND WELLBEING



- X Have a life outside teaching
- Keep in touch with friends and family
- X Don't be shy about asking for help
 - X Look after yourself!

X Looking after yourself:

Have regular breaks

Have lunch breaks

Block off 'white space' in your daily routine (time you do something else other than work)

Rest

Yoga (highly recommended: https://www.youtube.com/user/yogaWITHADRIENE)

Mindfulness (HTTPS://WWW.MINDFUL.ORG/A-FIVE-MINUTE-BREATHING-MEDITATION/)

Journaling/blogging

SURVIVAL GUIDE FOR NEW EFL TEACHERS

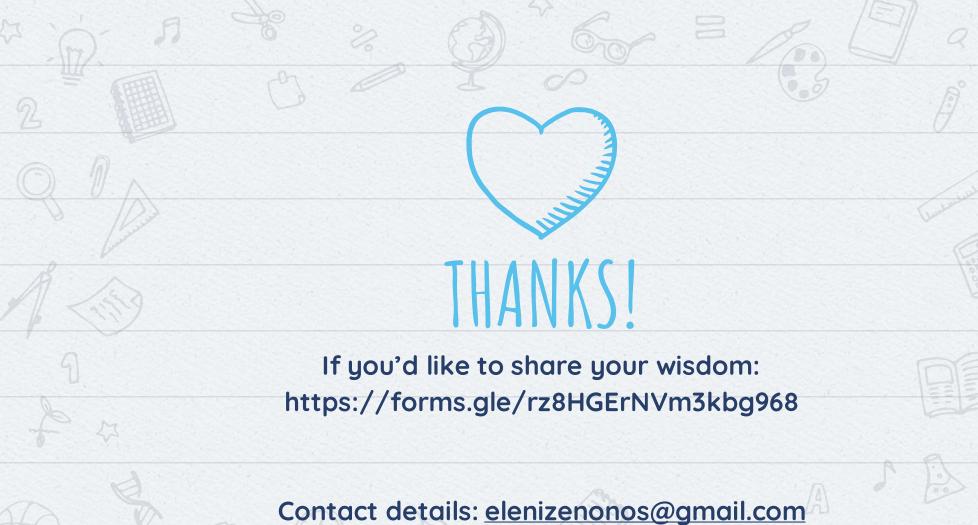
- 1. ESTABLISH ROUTINES, RULES AND REWARDS SYSTEMS, AND STICK TO THEM (FOR YLS AND LARGE GROUPS).
- 2. ALWAYS HAVE PRE-PREPARED ACTIVITIES IN HAND.
- 3. HAVE A TIME LIMIT FOR LESSON PLANNING.
- 4. REST (1.5 DAYS ON A WEEKEND AT LEAST).
- 5. PRIORITISE.
- 6. HAVE NON-TEACHING RELATED HOBBIES/LIFE OUTSIDE TEACHING.
- 7. ASK FOR HELP (YOUR COLLEAGUES ARE YOUR BEST RESOURCE).
- & IF YOU ARE STRUGGLING, TELL SOMEONE.
- 9. LOOK AFTER YOURSELF.
- 10. MAKING A MISTAKE ISN'T THE END OF THE WORLD!
- 11. BRING YOUR LIFE INTO YOUR LESSONS AND KEEP AWAY THE LESSONS FROM YOUR PERSONAL LIFE.
- 12. DON'T GIVE UP!

USEFUL RESOURCES

- ONESTOPENGLISH.COM
- LEARNENGLISH.BRITISHCOUNCIL.ORG
- THORNBOURY BOOKS
- REWARD RESOURCE PACKS
- TEACHING UNPLUGGED
- LESSONSTREAM.ORG
- FILM-ENGLISH.COM
- WORKSHEETGENIUS.COM/ENGLISH_WORK SHEETS.PHP
- LINGUAHOUSE.COM
- TEACH-THIS.COM

OTHER USEFUL ADVICE

- X Put your heart and sould into learning the language of the country you are in.
- Your colleagues is your best resource.
- X Do your research of language schools beforehand. There are a lot of bad ones out there that work you to the bone, these need to be avoided. Equally there are lots of good ones who value you.
- Accept that in the first year, you will be working more because you're learning but in the second year you can repeat a lot of activities. Keep a record of lesson plans and activities for future use.
- Don't be afraid to use the book in time of crisis. Not everything needs to be taken off the page and made into something super awesome and complicated. Sometimes it's better to just do a less exciting lesson following a unit in the book with extensions than sacrifice your mental well-being and sleep.
- If you don't have enough time to enjoy what you're doing, then you need to drastically change how you manage your time/Remember that teaching is 'just a job'. If you feel that you are doing it to the best of your ability within the parameters of life, that is all you can do! It is equally important to try to do the best that you can to look after yourself as a human being!
- Read up on culture shock (or culture fatigue) before going abroad. Culture shock is a long-term state that can have profound and unpredictable impacts on your mental health. Having a support network is vital. Having an emergency fund is vital too. If you are in a bad way mentally, you need to go home, and you will need funds in reserve to be able to buy your ticket.



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