

SSTA

Surviving (and Thriving) Your Probationary Year



Before You Start

- Research your school and plan your travel route
- Get your login for the school network
- Request the staff handbook & behaviour policy
- Try to arrive in plenty of time to set up your classes and plan your priorities for the day ahead



Know your rights

- Your Teacher Induction Scheme entitles you to a maximum class contact time of 0.82 FTE (18.5 hours, against the 22.5-hour maximum for fully registered teachers). The rest is protected time for your professional learning.
- Make sure you keep up to date with your GTCS profile and track your evidence as you go.
- Not sure where you stand? Speak to your probationer mentor first, or contact us directly.



Practical survival tips

- Build relationships with your faculty/department early - you'll rely on them all year.
- Protect your time. Although it's tempting, try not to say yes to everything
- Use your mentor proactively and go to your meetings with questions to ask and solutions
- Find the staffroom and use it. Go for break and lunch, it's important to take some time to switch off during the day.
- Talk to staff about your pupils, as they know things a class list won't tell you.
- Try to learn one thing about each of your students - they'll appreciate you're taking time to get to know them.

Look After Yourself



SAMH: www.samh.org.uk



Breathing Space:
www.breathingspace.scot



Education Support helpline:
www.educationsupport.org.uk

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Why Choose SSTA

The only union in Scotland dedicated solely to secondary teachers. Every resource and campaign is built around the secondary sector, so we can prioritise your needs

The SSTA is run by secondary teachers, for secondary teachers. We know first hand what it's like to be a secondary teacher in Scotland and ensure your voice is heard at national level.

The only union in Scotland that gives you direct access to our professional officers at HQ, not just your local rep

Free while you study, and free right through your probation year

Stay connected



Scan to join our WhatsApp channel.

Short video tips, student webinars, and everything through your placement and beyond, all in one place.