

Surviving your Placement - Checklist



Before You Start

- Research your school
- Plan your route and know your travel time
- Introduce yourself to the department/faculty
- Arrive in plenty of time to set up your classes
- Know where you'll be teaching
- Ask about a space you can use when not teaching



Class Observations

- Take lots of notes when observing your classes
- Look at teaching and behaviour strategies used by the class teacher
- Look out for class dynamics - who gets on well with who, who is likely to get distracted. This will inform your seating plans
- Who needs extra support? Ask about ASN needs before you start teaching



Teaching Your Classes

- Ensure your observations and ASN support inform your seating plans
- Talk to staff about your pupils, they know things a class list won't tell you
- Always have a starter task ready to go when your class arrives
- Learn one fact about each pupil - they'll appreciate you taking the time to get to know them
- Reflect on each lesson. What went well and what could be better? Remember that no lesson is ever perfect.



During the School Day

- Find the staff room and use it - try and get to know staff outside of your department.
- Take your break AND lunch. It's important to take time to switch off during the day.
- If you're not sure about anything, ask your mentor or a member of staff.

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Look After Yourself



SAMH: www.samh.org.uk



Breathing Space: www.breathingspace.scot



Education Support helpline: www.educationsupport.org.uk

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



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



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