

Supports: PME 2

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Teaching and Vulnerability

- Teachers are especially vulnerable in the **first 5 years** of teaching
 - Some will leave the profession while others will thrive
- Need to develop an understanding of strengths and limitations
- Resilience: personal and professional
- Focus on wellbeing; individual physical, emotional and psychological health

Professional Wellbeing

- Professional wellbeing involves:
 - Setting boundaries
 - Reflection
 - Goal Setting
 - Time Management
 - Work-life balance

Where might I need support?

- We all need support starting off our teaching careers
- We need to learn how to **manage people**
- We need to **manage our expectations**
- Most importantly, we need to learn to **manage ourselves**

Strategies to help you

1. Manage yourself

- Make sure that you prioritise your health
- Factor in **time to switch off**.
- Try to keep on top of things – don't procrastinate!
- Try not to compare yourself to everyone else
- Ask for help

Strategies to help you

2. In the classroom

- Build professional relationships with the pupils in your care
- Help them enjoy learning
- “ Nine tenths of Education is encouragement” (Anatole France)

Strategies to help

3. In the Staffroom and School

- Get to know your colleagues
- Do not isolate yourself
- Ask for advice and support
- Take part in the life of the school

Where can I get support?

Support on the PME Programme

- All personnel on the UCD PME Programme will support you in whatever way they can. Your tutors are key and you will meet them every week.

Other key contacts are:

- Dr. Rachel Farrell (Programme Director): rachel.farrell@ucd.ie
- Dr. Declan Fahie: (Director of School Placement): declan.fahie@ucd.ie
- Dr. Ro Aitken (Director of Student Support): ro.aitken@ucd.ie
- Ms. Karen Maye (School Placement Lead and Head of PME Outreach Initiatives): karen.maye@ucd.ie

Where can I get support?

In UCD

School of Social Science Student Advisors:

- Kieran Moloney : kieran.moloney@ucd.ie
- Holly Dignam: holly.dignam@ucd.ie
- [UCD Student Health Service](#) | [Mental Health Support \(SilverCloud\)](#) | [Online Mental Health Support](#) | [Crisis Text Line 50808](#) | [Still Here: Domestic and Sexual Violence Support Services](#) | [UCD Laptop Loan Scheme](#) | [UCD Financial Supports for Students](#) | [UCD Chaplaincy](#) | [UCD Residences](#) | [UCD Estate Services](#) | [UCD Access and Lifelong Learning](#) | [UCD Library](#) | [UCD Library Quick Tips](#) | [UCD Writing Centre](#) | [UCD Maths Support Centre](#) | [UCD Student Jargon Buster](#)
- PDST provides information on workshops, workbooks and general information on wellbeing: [https:// www.pdst.ie](https://www.pdst.ie)

Director of Student Support

- If you need targeted support throughout the year, then get in touch with me: ro.aitken@ucd.ie
- Mobile: 087 928 9691
- If you are referred to STSP by your tutor or supervisor, attendance **is mandatory** - but many students also choose to attend because they want to become good teachers
- If issues of a personal nature come up, I can see you on an individual basis
- We understand the challenges and help is here for each one of you