How teacher well-being affects learning

Webinar handout

by Ana Jereb

Introduction

Teacher well-being is not separate from learning. The teacher is one of the conditions in which learning happens. In this webinar, we focus especially on **teacher capacity**: the attention, patience, flexibility and responsiveness we have available for teaching. You can start by asking yourself the following three questions, and noting down your answers:

What does teacher well-being mean to you?

What are learning conditions?

What can low teacher capacity affect?

Watch the webinar recording and compare your answers with what was said.

Four situations – an activity for teachers

Read the situations. Fill in the table with your own ideas.

Situation	Do you do this?	What does this affect?	What could I try?
Overplanning "I spent Sunday planning this lesson."	yes/no Describe		E.g., plan from the final task
Feedback overload	yes/no Describe		E.g., give less, but make it more usable

"I wrote detailed comments on all 30 papers."			
Repeated management decisions Phones, lateness, homework, bathroom, off-task behaviour, etc.	yes/no Describe		E.g., turn repeated problems into routines
Low patience "Why am I so irritated by this today?"	yes/no Describe		E.g., simplify and ask for support

Not all of this is individual

Teacher capacity is affected by the wider system: learners, relationships, routines, workload, policies and colleagues. Some things we can change individually, some collectively, and some require institutional change. Teaching should not be done alone: a professional community is one of our resources.

Make your plan

Use the following five questions to help you organise your thoughts and plan to work on your own well-being:

- What uses a lot of my capacity?
- Does it contribute enough to learning?
- Could I stop, reduce, simplify or make it more predictable?
- What do I rather have that capacity available for?
- Is this something I can change myself, with colleagues, or only with institutional support?

Resources:

An article for teachers: https://www.teachingenglish.org.uk/professional-development/teachers/understanding-my-professional-identity/teacher-wellbeing-five

A lesson plan for primary learners: https://www.teachingenglish.org.uk/teaching-resources/teaching-primary/lesson-plans/level-2/primary-student-well-being

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A recording of Ana's webinar can be found here: https://www.teachingenglish.org.uk/news-and-events/webinars/webinars-teachers