

End of year reflective exercise

Introduction

Education leader and author, Dr Tiffany A Carr, shares that awareness and reflection are critical for teachers and education staff to build resilience. Yet, she recognises a reoccurring theme within research on burnout in the sector is time (or lack of!).

She suggests it is critical to be given time in your diary for reflecting on your practice. This can help you reconnect with the joy of working in education, by allowing you to recognise your accomplishments and the impact of your work.

If you are constantly stretched thin and never given the time to be reflective then you could also be missing out on the chance to make better choices, improve your practice, support colleagues and ensure the best possible outcomes for pupils.

The end of term or academic year is a great opportunity to schedule in reflection time — and it doesn't have to take long! If you are a leader or line manager, you might want to consider sharing this quick 10-minute exercise with your team, and allowing dedicated time for them to complete it.



10-minute: end of year reflection



Why not grab a cuppa and try to find a quiet spot (if you can!), to settle down into and reflect on how the past academic year has been for you. Try answering these questions in your mind or written down if that's easier for you.

1 What was your favourite moment with a student or colleague this year?

2 Which colleague have you really connected with this year and why?

3 What aspect of your role have you enjoyed most this year?

4 What has made you most proud to be working in your education setting this year?

5 What self-care strategy has helped you most this year and why?



6

What challenges did you overcome this year? Did you learn anything from them? If so, how might this benefit you in the future?

7

What are you most looking forward to about the next academic year?



Now take a step back and ask yourself:
did your answers surprise you in any way? Is there space to go easier on yourself next year? Do you need to show yourself more compassion?

You might also want to check out our free resources about building healthy workplace relationships and taking care of yourself during the holidays:

[Improving workplace relationships](#)

[Boundaries, rest and letting go](#)

[Self-care summer](#)

[Look after your wellbeing this summer](#)

[How to rest and recharge](#)

Further help and support

All teachers and education staff can call Education Support's free and confidential helpline 24/7 for immediate, emotional support: **08000 562 561**. You'll speak to a qualified counsellor immediately.

School leaders can access fully funded professional supervision in England and Wales.

School staff in Wales can access funded support from our Staff Wellbeing Service in Wales.

Sources:

Joy in teaching: a research based framework of action for educators, Dr Tiffany A Carr, 2018

www.joyinteaching.com/what-does-it-mean-to-live-an-examined-life-in-education/