



Coping with workload

The scenario:

It is coming up to parents' evening and Leah is struggling to prepare her notes for all the classes she has. She also has lessons to prepare for and books to mark. Leah also runs a club and has pastoral responsibilities for her form group. It seems that everyone around Leah is coping and is fully prepared for parents' evening and their lessons. Leah wants to do her best for her learners and ask for help but doesn't know where to go.

How to structure this exercise

1. Look at the Coping Strategies poster.
2. Reflect on Leah's situation. Choose 3 or 4 coping strategies that Leah could use to cope with the situation. You could consider how Leah could cope with her workload and then how she may cope in the future.
3. Reflect on why these strategies might be helpful for Leah. Write 2 or 3 sentences or explain to a colleague why you chose those strategies.
4. Now reflect on a situation that you have experienced where you had to do something that challenged you. What strategies did you use to cope? Why did you use those strategies?