

Action Plan

Target	<i>Specific</i> Steps	Measurable <i>What</i>	Achievable <i>How</i>	Realistic <i>Why</i>	Time-bound <i>When</i>	Professional Standard
Developing confidence	Using positive affirmations to build constructive thinking	A confident attitude towards my lesson plan	Consistent/ repeated verbal affirmations	Able to use affirmations at any time	My next teaching session	Build positive and collaborative relationships
Improving structure	Researching different types of lesson structure to find out what best suits me	A consistent but flexible lesson plan	Researching theories on how to improve lesson structure	Available information at the university library/ online	When writing my next lesson plan	Demonstrate effective strategic leadership and governance
Time management	Creating a personal schedule/ planner to prioritise my goals	A functional timeline for my professional goals	Assessing tasks and structuring it to fit my needs	Can be done with an online planner	As soon as possible	Demonstrate dignity, courtesy and respect towards others
Reducing anxiety	Completing breathing exercises	A habitual breathing pattern to calm my nerves	Researching various breathing techniques and practicing them	Can be practiced at any time	As soon as possible	Plan and deliver effective learning, teaching and assessment
Building resilience	Focusing on constructive feedback and developing	Reflecting on how I can improve my professional	Focusing on reasonable and	Can develop overtime with	By the end of the course	Demonstrate commitment to learners and their

	professional and personal goals.	standards using constructive feedback	achievable improvements	consistent feedback		learning, safety and wellbeing
Gaining teaching experience	Using weekly reflections on my placement	Developing my teaching skills in a professional setting	Reflecting on my placement work and assessing how I can improve	Can do overtime whilst studying/ at my placement	By the end of the course	Maintain updated knowledge of my subject(s) and how best to teach them
Developing planning skills	Reflecting on my past lesson plan	A better understanding of how to effectively use a lesson plan to improve a session.	Reflecting on past lesson plans and applying feedback to future work	Can use current plans to see where I can improve	When writing my next lesson plan	Plan and deliver effective learning, teaching and assessment