



## Establishing professional support networks

### *Value of support networks*

Professional networks are an important part of teachers' professional lives, providing benefits such as:

- Sharing professional knowledge and expertise [Growth]
- Getting new and fresh ideas for teaching and learning [Growth]
- Getting recognition from peers and forming a professional identity
- Getting support and advice
- Becoming aware of opportunities to develop or progress your career
- Building confidence in your knowledge and skills
- Keeping things in perspective: what it is like in other departments, schools, etc.
- Finding solutions to professional problems

### *Internal Networking*

- **Within the department** - Informal networking takes place around lessons, in break, before and after school. Making time to have a chat over a coffee (or other beverage) each week helps strengthen professional relationships. This can be in pairs or small groups.
- **Whole school** - Meeting with other teachers from other subjects makes a big difference on getting perspective on what other teachers are doing, problems they are facing and solutions they are trying. Taking the opportunity to meet colleagues at lunchtime can be beneficial to job satisfaction.

### *External Networking*

- **Professional networks** - The Association for Science Education has regional events and national events teachers can join and network, regional committees allow teachers and technicians to have an active role in steering the events in their local area. Other science related professional networks can be made through the institute for physics, the Royal Society for Biology and the Royal Society for Chemistry and STEM. Membership to the Chartered College of Teachers brings networking benefits from beyond just science education.
- **Online networking** - Some teachers benefit from online networks such as Twitter, Facebook or Instagram. Twitter e.g. @TheASE #ASEChat Mondays 8-9 Others to follow: @ChatPhysics, @ChatBiology, @ChatChemistry #CogSciSci
- **Professional Registration** - Once a few years into your career, teachers and science technicians have the opportunity to review and consolidate their professional skills and [become recognised as a chartered professional](#) (i.e CSciTeach and CSciTech).



## Work-Life Balance Analyser Stage 1:

Use the codes below (to the nearest 30 minutes) to complete this table for a typical week...

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
05:00							
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							
24:00							
01:00							
02:00							
03:00							
04:00							

**Key** add any significant activities that are missing. Analyse your timesheet using **Exercise C**

Work		Life		Other	
Teaching	T	Sleeping	S		
Planning	P	Cooking & Eating (Food)	F		
Marking	As	Exercise	E		
Meetings	M	Hobby	H		
Admin/Emails	A+E	Personal Time	PT		
Parent Contact	PC	Care of dependents	C		
Travel	Tr	Domestic (Clean & Shops)	D		



## Work-Life Balance Analyser Stage 2:

*Review your timesheet from stage 1...*

Calculate your time on each activity					
Work		Hours	Life		Hours
Teaching	T		Sleeping	S	
Planning	P		Cooking & Eating (Food)	F	
Marking	As		Exercise	E	
Meetings	M		Hobby	H	
Admin/Emails	A+E		Personal Time	PT	
Parent Contact	PC		Care of dependents	C	
Travel	Tr		Domestic (Clean & Shops)	D	
<b>Other</b>			<b>Other</b>		

### Which activities dominate your time?

### What would you like to do less of? How might you achieve this?

### What would you like to do more of? How might you achieve this?

You may need help to readdress your work-life balance, so talk to someone:

- A trusted colleague
- A line-manager
- Someone via your ASE regional committee
- Teacher Support Network