Hannah Telford, newly graduated from her teacher training writes:

'I trained as a French and German teacher with the National Modern Languages SCITT and had a fantastic time. Although my training year was impacted by COVID-19, it has made me even more grateful for the experiences I managed to have before the schools closed.

If there is one thing I wish I’d known that I would share with future trainees, it’s the value of observing a range of teachers in a variety of different subjects. It is surprising how useful a Maths or English lesson can be for gathering ideas for the MFL classroom!

I would also encourage trainees to get as much A-Level and GCSE teaching experience as possible so that they can feel confident in their subject knowledge and understanding of exam formats.

Something I was worried about when starting my training year was managing the increasing teaching time throughout the year. However, there is no need to worry about this, as it builds up very gradually and I found that my colleagues were more than willing to support me with ideas and encouragement if I ever felt overwhelmed. Never hesitate to ask if you have a question!

The most important thing I would like to share with future trainees is the value of participating in activities beyond the classroom, whether this is Open Days, trips, staff meals or after-school clubs. These are the opportunities to get to know your students and colleagues in a different environment and feel part of the school community. They are also some of the most valuable memories you will take away from your training year.

You will have challenging moments and no matter how much time you spend planning there will be lessons that are a struggle. However, do not worry about this – I learnt that even the most experienced teachers have difficult lessons and your training year is the perfect opportunity to try things out and find out what works for you, so embrace it!'