



ifen

INSTITUT DE FORMATION
DE L'ÉDUCATION NATIONALE

IFEN Inspire Podcast

**S3 EP 03: interviews
(EN translation)**

eduPôle - Walferdange
Route de Diekirch
L-7220 Walferdange
www.ifen.lu



Interview EF 1 (translated from LU):

I work as a classroom assistant. What I like most is that I can listen to the children and be there for them, that I can support them so that they can cope better with everyday school life.

I wasn't aware that there was such a great need for teaching assistants in schools, that there was such a big difference between the school I knew and today's school.

It was difficult at first because I had a lot of questions about my position at work and how I could improve.

Later, I realised that there are many ways to ask for help, whether from the school management or even from IFEN.

Personally, I mainly do sports or other activities that allow me to completely distance myself from everyday life.

Interview EF 2 (translated from FR):

What I like most about my job is the contact with the children. Sometimes it's not easy, and I would say that it's easier for those who have more experience.

We have very, very heterogeneous language classes, ranging from bilingual children to beginners. That's why we have to differentiate. That requires a lot of work in advance.

And when we work together, we feel better.

We always want to do everything right, always do too much, and often we continue working on the weekend. Personally I don't answer emails on the weekend.

If a colleague is not doing well, I think you should try to understand them. Why are they doing that? Maybe because they are not sufficiently trained. You can give them advice, but always remain benevolent and not judgmental, or at least not in front of them.

And that's exactly what it's all about. I believe that everyone makes mistakes and that you learn you're your mistakes.

Above all, I think you should take care of yourself, because that's really important for the well-being of the community, of yourself and of your students.



Interview – former ES stagiaire (translated from FR):

The most difficult thing is to maintain a certain distance from the various feedback and evaluations, etc., that you receive from the various trainers or tutors during the internship. It is good to question yourself professionally, but you have to be careful not to lose all your self-confidence, not to question yourself completely and not to trust yourself at all anymore, i.e. to maintain a certain distance in order to protect yourself.

It is really good when interns find a certain solidarity among themselves, beyond the undeniable competition between interns for the positions available.

Every intern experiences difficulties at some point. So that's completely normal. If it's more related to the subject, try talking to other colleagues or teachers around you, ideally your tutor, but don't hesitate to talk about it and ask for help.

If I had to do it again, I would try to keep a little more distance from certain things that people tell you. And I would also take advantage of the IFEN's offers of help. They provide support if you need it. At the time, I didn't know about it; I don't know if it already existed, maybe it did, but I didn't know about it. But it's very important, so don't hesitate to take advantage of these offers of help.

Interview ES transitioning professional (translated from LU):

I used to work in a different field, which means I retrained professionally.

I have already completed IFEN training courses on well-being, particularly on burnout prevention.

This topic is discussed in the staff room, but perhaps not with the seriousness it deserves. Everyone says, 'We're all in the same boat, we're all stressed,' and that's it.

It's the same with overtime. If no one takes on those lessons, the pupils suffer. So you take one overtime shift... then you take two more... It would make more sense to back off. If you think about yourself, you can actually help the students and people more.

If you feel better, you can help the students more and be more present for them.