

# Getting prepared for the **SPECIAL BLOCK PRACTICE**



# Getting prepared...

Teaching Practice is approaching, though with a different format and some uncertainties this year. Are you mentally prepared for this special block practice?

If you are worried or stressed – It's okay and absolutely normal. In fact, optimal amount of stress can actually increase our productivity and lead to adaptive behaviors that reduce threat.

If you find you are having more intense anxiety, it's still understandable during this special period whereas there are quite many uncertainties.

*Uncertainty is a part of life and it can't be avoided.*

*The best way to deal with it is to learn ways that help you live with it,  
without much accompanying worry.*



*Go on reading for our warm reminders.....*





## Warm Reminder 1

# Embracing uncertainty with FLEXIBILITY

Yes, there are quite many uncertainties for the practical arrangement in different placement schools. Not only you, your classmates, the school staff are also facing the same challenges.

Difficulties arise when our responses to uncertainty are inflexible and rely on attempts to control it. The more we try to avoid the distress uncertainty brings, the less we're able to develop the ability to effectively handle uncertain situations.

While **life is never perfect**, let's try to

- be more at ease with making mistakes
- learn from them
- adjust or change our goals when they are thwarted

**Flexibility allows us to stretch ourselves by trying out new ways and different possible alternatives.**



*"All roads lead to Rome". Let's allow yourself to try another way flexibly.*





## Warm Reminder 2

RECOGNIZE thought errors that pull you into worry



Are you “catastrophizing”?

– tending to exaggerate all the things that could go wrongly.

Are you seeking for “perfectionism”?

– demanding yourself to do everything right and perfectly.

Do recognize the distorted thoughts in your mind, know they are there and embrace yourself when it comes to your awareness that you’re trapped in it. Let’s try to challenge your irrational thoughts and be more reasonable to yourself.

*Do be kind and less critical to yourself.*





## Warm Reminder 3

More **ACCEPTANCE** & Less controlling

It's normal that we would like to get charge of the situation by controlling the variables. Very often, however, your attempt to control the uncertain parts will bring your more frustration, not because of your ability but simply because that the things are not under your control.




**DO differentiate** what is beyond your control and what you can exert more impact.  
**Focus your effort** on those which is more changeable.

**DON'T blame yourself** for those “uncontrollable parts”, just leave them.

*Accept that there are things which are out of our control, which is especially common during times of uncertainties.*



Sometimes you need to let things go 





## Warm Reminder 4

Make good use of your **STRENGTHS**

You may be accustomed to look at what you have done wrongly or not good enough. While it's a good attempt to improve yourself, too much fault-finding might yet intensify self-criticism, thus lowering your confidence and hence performance.

Try to **be more balanced when evaluating yourself**. DO spend time to **think about what you're better at**, and **make good use of your strengths** during block practice.

As young people, probably your IT skills, your experience in finding interesting apps or youtube videos...might help with your coming block practice.

*Let's be strength-finding and turn risks into opportunities.*







## Warm Reminder 5

# MANAGING your stress well

Do remind yourself and practice the basic yet essential stress management strategies to face with the challenge.

*Self-awareness & acceptance*

*(sensitive to our own problems and accept our own strengths and weaknesses)*

*Time management*

*(set goals and priorities when handling huge workload)*

*Relaxation*

*(schedule regular time for relaxation activities: listen to music, take a walk, meditation, meet friends.....)*

*Exercise*

*(regular exercise can enhance physical and mental health, e.g. 7-min work out)*

*Self-management*

*(effective self-management enhances good sense of control in daily life)*

*Social & Spiritual*

*(social and spiritual satisfaction are great support to our mental health)*

The word STRESSED also give you tips if you spell backwards. Seeing things from a different angle, stress can become something pleasant which could motivate us!



## STRESSED → DESSERTS!

Counselling Service

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## Warm Reminder 6

**ALLOW** negative feelings & **OPEN UP** for support

**Allow** yourself to have **negative feelings**, they **are normal after all**. The process of reflection and allowing feelings is different to indulging worries about uncertainty.

**Being open to this process** allows us to adjust our expectations and move our energy and goals to areas where our expectations can be met.

If you are in distress, **do try to open up to the one you trust**, say, your supervisors, classmates etc.

*A shared sadness is half the sadness.*

You are welcome to talk to our counsellor on preparation and management of BP issues. We would be always here to listen to and support you.



We Care We Support!

### Block Practice Support Service

BP Counselling Hotline : 2948 6245

(24-hour counselling hotline: 8208 1155)

BP Counselling Email : [saocs@eduhk.hk](mailto:saocs@eduhk.hk)



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