

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.





溫馨提示 1

多一點彈性

每間學校的運作和安排也有不同，這段非常時期更存在著許多變數及難以預計的事。不只是你，你的同學、學校的職員也正一同與你面對這特別的挑戰。

然而，若我們只想著控制，或因循以往的方法，許多時候只會令面前不確定的情況添加更多困難。當我們越想避開因不確定而帶來的困惑，我們往往更難有效去處理眼前的未知之數。

要知道人生就是不完美的，讓我們試著

- 接納人會犯錯 (尤其你只是學生啊)，也可以犯一些小錯誤
- 從中學習
- 若原先所訂目標已不可行，調整或轉變你的目標

給自己多一點彈性，才可讓我們更有空間去發掘新方式或其他可行方法啊！



“條條大路通羅馬”。讓我們以勇氣及彈性，試試走不一樣的路。





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.





溫馨提示 2

認清令你憂慮的想法



你有“災難化”思想嗎？

– 總是想著事情會變壞，把問題的嚴重性推到極端災難化的境地

你有著“完美主義”的想法嗎？

– 要求自己每件事情也要做好，做得完美

這可能都是一些你慣性的想法。嘗試辨識在你腦海中這些歪曲了的想法，知道並覺察你可能又被困在這些想法的陷阱之中。試試挑戰這些非理性的思想，合理地去對待自己。

減少批評自己，對自己仁慈一些吧！





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 





溫馨提示 3

多接納 少控制

我們可能會慣性使力去控制所有變數，讓事情在自己的掌控之中。然而，許多時當我們越想施加控制，卻可能因為做不到而為自己帶來更多失望。這並非因為你能力不足，而是事情根本並不在你控制之中。



學習去分辨甚麼是你控制範圍以外的，以及你能有多點掌控的。
將你的目光和精力放在可以改變的部分。

對於不能改變的部分，正因為這是你所不能控制的，你就不用責怪自己，放下就是了。

在這非常時期

我們更要學去接納有些事情並非我們所能控制或改變的

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.





溫馨提示 4

好好使用你的強項

不少人也習慣著眼自己做錯或做得不好的事情。這無疑有助我們去改善自己，可是當你太慣於為自己找錯處時，這可能會令你常常不自覺去挑剔和批評自己，這可會減弱你的自信，甚至令你的表現打折扣。

嘗試公平點去評估自己。花些時間去想想自己善於或有信心做的事情，無論大小，好好將這些技能在實習中發揮出來吧！

作為年青人，或計你的電腦知識和技巧，你對網上資源的熟悉，可能會在今次的實習中幫到手呢！



著眼長處 轉危為機





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

A-1/F-01S

2948 6245

saocs@eduhk.hk





溫馨提示 5

管理你的壓力

看似老生常談，壓力管理可是面對挑戰時最基本及有效的。

多提醒自己及嘗試不同的壓力管理方法，參考以下的“壓力小錦囊”吧：

Self-awareness & acceptance

(敏銳留意自己的狀態，接受自己的強項與不足)

Time management

(善用時間，定下輕重緩急)

Relaxation

(定期鬆一鬆，如：聽音樂、散步、靜坐、與好友茶聚.....)

Exercise

(運動有助促進身心健康，在家可以考慮試試網上七分鐘運動呢)

Self-management

(有效自我管理，生活有條理，心情平穩有信心)

Social & Spiritual

(社交及心靈上的支援，是我們情緒健康的一大支柱)

試試轉個角度，你會發現，「壓力」也可以化成「甜品」，成為你的動力！



STRESSED → DESSERTS!





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



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溫馨提示 6

接納負面情緒 需要時找人傾訴

記住，有負面情緒是**正常的**，**容許自己會有感到負面的時候**。這個接納和反思的過程並不同於將自己沉溺在憂慮之中。透過這個過程，你會更懂得**調整自己的期望**，並連繫你的精力和目標，讓你更好去發揮自己。

如果你仍然感到困擾，**嘗試開放自己**，**告訴你所信任的人**，可以是你的督導老師，可以是你的同學、朋友等等。

憂傷會因分擔而減半。

若果你需要，我們的輔導主任也非常樂意為你提供支援，跟你談談有關實習的準備或在實習期遇到的困難。**撐你☺**



實習支援服務

實習支援熱線：2948 6245

(24小時輔導熱線: 8208 1155)

實習支援電郵：saocs@eduhk.hk

