**Faiza Salhi, science trainee**

I am a mother of four who is incredibly happy and proud to train with Dixons Teacher Training. I graduated a few years ago in Biomedical Sciences and completed a master’s course in Safety Pharmacology and Drug Toxicology. Then, I worked within the NHS, the university and did some teaching jobs in private schools.

Before starting my training, I was a full-time mother as I wanted to be there for my children. Now my youngest child is in full time education, I decided it was the right time to pursue my dream of becoming a science teacher. I’ve always wanted to become a teacher as it is a job that changes people’s lives for the better. I decided to train with Dixons as I have seen what the Trust are doing in the community through my children. They do what they say; they help and change the community by raising aspirations and providing outstanding education to everyone regardless of their background.

Before the start of the course, I was excited that I was one step closer to becoming a qualified teacher but also nervous as I had not been in employment for some time and certainly not teaching a large class of students. The nerves soon faded after attending the Induction Day at Dixons City Academy before the start of the course (July 2019). The induction has made the elements of the course clearer, which helped me to plan and organise myself before the start.

Most importantly it was great to know that I was, and still am, surrounded by a network of support from: mentors, ITT leads, Charlotte (University Senior Lecturer) and the Dixons Teaching Institute team (Natasha, Helen, Parveen and Judith). They have supported me throughout the course and were there for me whenever I needed them. Having children and doing the course has not been easy, but with all the support and constant checking in from the team, I felt at ease and that I am well looked after.

The highlight of the training year was looking at the faces of students when things were made clear to them, and getting a comment like, “Thank you miss, I understand now.” The positive comments I received from students made me even more determined to go above and beyond to support them.

There have been some challenges and the pressure point was the transition from Stage 1 to Stage 2 as it was a different school and increased workload. To overcome this, I turned to my mentor who listened to me and allowed me to discuss my concerns and worries. She was incredibly supportive and helped me overcome the difficulties of the transition by guiding me and giving me constant advice. I am incredibly grateful for what she did and can’t thank her enough.

My top tip for thriving during the training year is be honest with yourself and know why you are the doing the course. Organisational skills are very important especially when you have to plan and deliver lessons as well as complete assignments. Be productive during your free periods at school and make sure planning and assignments are completed at school.  This will help with work-life balance.  Most importantly, always remember, you are not alone, when things get tough, seek help. There is always help and support from everyone at Dixons.

Teaching is the best job in the world because it a job that shapes people’s futures and make them happy and successful individuals. Children’s success makes you the happiest person in the world and it makes me proud to know that I am changing the world for the better.