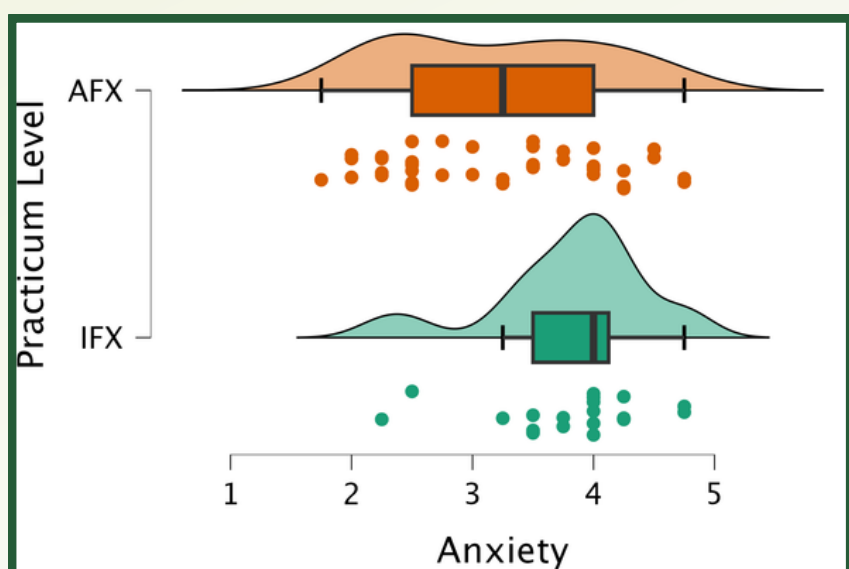




PRE-PRACTICUM EMOTIONS

IN THE INTRODUCTORY AND ADVANCED FIELD EXPERIENCES

More than 1 in 10 student teachers do not feel emotionally ready for their practicum as it begins.



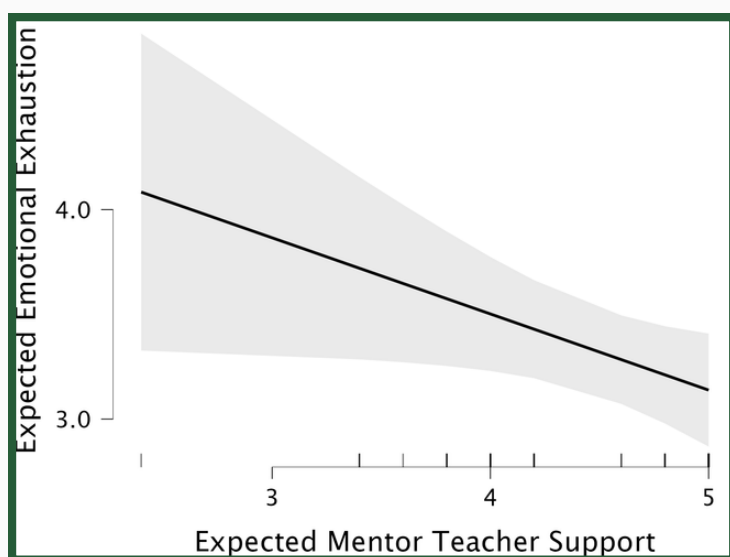
Introductory Field Experience (IFX) students are more likely than Advanced Field Experience (AFX) students to expect to feel **anxious** during their practicum.

THIS IS A PROBLEM!

Expecting to feel **anxious** is associated with **suppressing emotions** and **emotional exhaustion**.

HOWEVER...

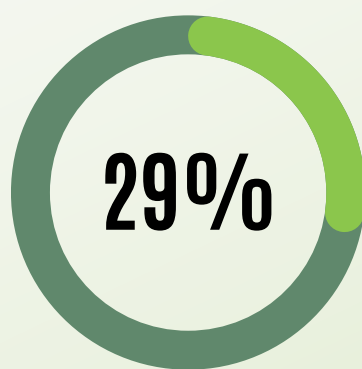
Expecting to receive lots of **mentor teacher support** is associated with lower levels of expected **emotional exhaustion** during the practicum.



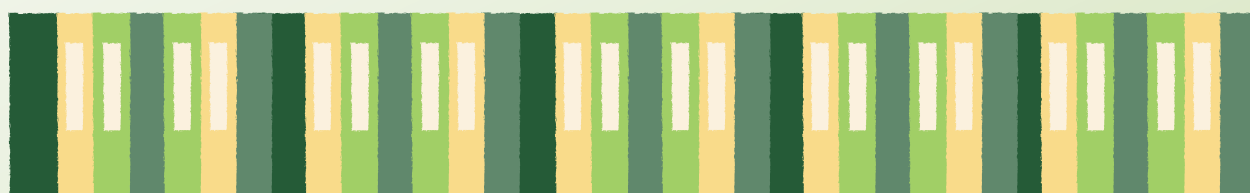
SO GET YOUR
SUPPORT ON!



of student teachers "agree" or "strongly agree" that teachers should follow display rules--unwritten rules about behaviour that displays their emotions.



of student teachers expect that their practicums will be moderately or highly emotionally demanding.



This sample included **57 pre-service teachers** who entered their practicum placements in Fall 2023. The sample was 82% women, 60% between the ages of 20 and 25, and 26% ethnicities other than White. Two-thirds of the sample was enrolled in their Advanced Field Experience, with 57% completing their practicum at the elementary level. 92% of the sample was placed at a public school as opposed to separate, and 78% of the sample had an urban placement.

Thank you to the pre-service teachers who took part in this research.

For more information, visit [our website!](#)