Interviewer

Are you ready to get going?

Participant

yep

Interviewer

Perfect, so my first question is. When you're teaching ESOL, could you give me a brief description or a brief overview of your ESOL professional responsibilities?

Participant

Um well basically to ensure that the students have an increasingly good grasp of English. But also that they enjoy the classes. and also you know things like teaching is a right level for the class and so on.

Interviewer

Yes. Ok so that takes me to my next question. And these are the wellbeing questions. So can you tell me about any times when you’re teaching ESOL when you’re feeling really engaged and absorbed in what you're doing?

Participant

Um … well quite a lot of the time when you feel that the classes enjoy what they’re doing. We often play a game at the end and that’s.. Nothing very complicated. I I teach \_\_\_\_\_\_\_ .so you know just above beginners and that’s always good fun. They get so competitive about it but in a nice way and they’re a very nice group so yeah the time just flies by.

Interviewer

And I should have said if there’s any times you're feeling engaged or the opposite if it’s not engaging?.

Participant

Well sometimes you can just sense that they're not getting what you’re trying to teach… that’s inevitable with any kind of teaching. Umm. one or two of them are a bit prone to be on their phones quite a lot of the time and I find that can be a bit distracting  in fact I’m thinking about a no mobiles lesson although quite how would actually work I’m not sure.

Interviewer

Ok so my next question. So my next question is actually the same question but in day-to-day life. So can you tell me about any activities or hobbies that give you a sense of engagement in your day-to-day life?

Participant

Um yes a couple of years ago started learning to play a musical instrument. I find that quite absorbing. Frustrating because as an adult. You know that your nothing as good as you'd like to be and you probably won’t ever be. I spent time with one of my nieces who's quite close and\_\_\_\_\_\_\_ ..  Definitely get completely absorbed when I'm spending time with\_\_\_\_\_\_\_ ..

Interviewer

Yes, and so my next question is, jumping back to the classroom, and this is about any emotions, so can you tell me about any emotions you may feel while working in ESOL?

Participant

Umm within the class there are a couple of people from \_\_\_\_\_\_\_ .and a couple of people from \_\_\_\_\_\_\_ . so when the earthquakes happened was it earlier on this year?  You knew that was a difficult time for them. And I suppose it’s always at the back of your mind making sure that you don't want to touch on something that might be difficult for example. One of the games that we play is hangman. But we don't play hangman. We play either advance a shark towards a swimmer. You know the game hangman, or rub petals off a flower. you know that’s just sort of a quick example of being conscious that you have to be careful.

Interviewer

Yes of course.

Participant

And I suppose the other things that you need that can be a little bit puzzli.. well not puzzling exactly but you need to be on top of. One of the women is a \_\_\_\_\_\_\_ . \_\_\_\_\_\_\_ .and she does not like interacting with the men in the class. you know she’s better at working in pairs or groups \_\_\_\_\_\_\_ . \_\_\_\_\_\_\_ . so that can be a little bit difficult.

\_\_\_\_\_\_\_ .

Interviewer

Yeah yes, um my next question is so we've talked about emotion about the classroom you might feel and is this similar to how you might describe your emotions in your day to day life?

Participant

Umm I think one thing I do find difficult is lesson preparation. I m really really slow at doing it and that can be a bit stressful. I think everyday life you know naturally I'm not a terribly relaxed person. That doesn't actually actually carry into the classroom once I'm actually there. I think because It’s all absorbing. You tend to forget about everything else. I think one thing that is perhaps  worth mentioning is something that I found really difficult early on which has actually changed which is perhaps worth mentioning. Which is \_\_\_\_\_\_\_ . I suppose which works with refugees and asylum seekers but also does things like \_\_\_\_\_\_\_ .and preparation for work that sort of thing. But the ESOL is mostly asylum seekers and when I first went \_\_\_\_\_\_\_ ., so you didn't have a constant group of people and arriving and leaving all the time. now I know with refugees and asylum seekers that is sometimes out of your hands but this would be you would maybe have 9 people one week then the following  you'd only have week 3 of the 9 and then the following week 8 different people. And I found that really really difficult because you couldn't really work through a curriculum you couldn't use a workbook because you couldn't build from week to week because the previous week the people there were different and I found that very disruptive and quite well very stressful. Since Covid, one of the other teachers who also found that really difficult said  \_\_\_\_\_\_\_ . wasn't going to continue unless it became more organised. And I don't know why it didn't occur to me to say that I think I just sort of thought this is how it is I’ve got to live with it. So I think what I’m trying to say is this sort of definitely and this is sort of an aside is that it makes a big difference to me\_\_\_\_\_\_\_ ..

Interviewer

Yes, of course of course.

Participant

I think it's because the people that run it, they on the whole are doing a very very good job. You know the students are very appreciative  \_\_\_\_\_\_\_ . \_\_\_\_\_\_\_ .

Interviewer

Yes, so my next question so when teaching ESOL we know that teaching is a very social profession. And it's full of relationships and so can you tell me about the relationships you have while working in ESOL?

Participant

I largely work as an assistant rather than a teacher although I've got the CELTA qualification but I cover when \_\_\_\_\_\_\_ . not here, that works really well. We work very very well together. The students when I had a full house last week there must have been 11, 12 people and they are a very very nice group. They’re all really enthusiastic. And you can have a bit of fun with them as well as the serious business. \_\_\_\_\_\_\_ .. Which I think is different if it was a language school. But were largely left to sort ourselves out.  \_\_\_\_\_\_\_ . \_\_\_\_\_\_\_ . \_\_\_\_\_\_\_ .So I'd say the relationship with fellow teachers is good and with students is good. \_\_\_\_\_\_\_ .But they're there if you want to ask questions. It's just that it tends to come from you rather than them managing.

\_\_\_\_\_\_\_ .\_\_\_\_\_\_\_ .\_\_\_\_\_\_\_

Interviewer

OK. Ok so we've talked about working relationships, and an important part of wellbeing as an individual is the relationships we may or may not have in our day to day lives, so could you tell me about the relationships you have in your day to day life?

Participant

Erm I live alone. I’m single, have been for a long long time. But yes I've got friends who live locally, family that I’m close to, only one of them lives close by so yes you know. Relationships are fine. and I really appreciate that.

Interviewer

So um let's do another wellbeing question, can you tell me if you find your ESOL teaching and working meaningful to you?

Participant

Yes, I think it's from you know they really want to be there. You know the some of them are well educated in their own countries so studying comes fairly easy to them and they're just very engaged and positive.

Interviewer

Yes, yes.  And again we've got meaning in the classroom, we're going back to meaning in day to day life. Do you have hobbies and activities that you find particularly meaningful in day to day life in any way.

Participant

Yeah I’m  \_\_\_\_\_\_\_ . from work and I think I've realised when you’ve stopped working you’ve got an awful lot of extra hours to fill so you know it's a mixture of things I do with other people and things around the house around the garden practising music, that sort of thing.

\_\_\_\_\_\_\_ .\_\_\_\_\_\_\_ .\_\_\_\_\_\_\_ .

Interviewer

Ok so my next question is, can you tell me if you experience a sense of achievement in your profession teaching ESOL?

Participant

Um sometimes yes it’s always nice when you a see a student go out. And one or two of them will comment that was a good lesson or whatever.

Interviewer

Yes. And again let me move on to my next question. My next question is about health so if it’s personal feel free to skip over. But can you tell me about your sense of health while teaching ESOL?

Participant

I found the early days \_\_\_\_\_\_\_ .That was very difficult, that really did get me down which is why I stepped I actually stepped away completely well with Covid well initially started assisting with conversation class and I carried on doing that on Covid. But I found doing that on Zoom very very difficult so I  I just stopped for a while and I restarted when they restarted face to face. But now it’s more organised more settled and you can actually use the I forget which book we were working from but you can actually use the curriculum book and advance through it. On the whole it’s fine.

Interviewer

Yes, yes, because Covid created this huge blurring.

Participant

One thing I mean this is an aside but was quite interesting that when they were doing the Zoom teaching, they found quite a few women joining because they didn’t have to leave home to do it. \_\_\_\_\_\_\_ .\_\_\_\_\_\_\_ .\_\_\_\_\_\_\_ . but also you’ve got small children at home you can’t necessarily go away so some of them it was a good alternative.

Interviewer

Ok my next question is about a sense of health, so if you feel comfortable, could you tell me about your sense of health in your day to day life?

Participant

Um I think I’m reasonably healthy erm what problems I do have tend to be physical more than anything else you know my \_\_\_\_\_\_\_ . aren't great but probably no worse than you’d expect for somebody my age. My back is definitely aware that it's been weeding recently but I think on the whole my health is pretty good.

Interviewer

Ok my final wellbeing question is overall how happy are you with your career in ESOL teaching?

Participant

It isn't exactly a career because I’m just doing the \_\_\_\_\_\_\_ .\_\_\_\_\_\_\_ . a week. But yes I'm happy doing it. I did the CELTA course because I wanted to be able to teach refugees and asylum seekers. And um I'm pretty happy with the pace that I’ve found to do it.

Interviewer

Perfect and that’s my wellbeing questions so I have a couple of emotion questions and emotions in ESOL so would you say that you naturally show the emotions you feel while working in ESOL?

Participant

Um… I’m not sure that I feel a huge range of emotions I know that me more than the that person I teach with I will have a joke with them. You know for example we were doing transport vocabulary so I put pictures of different sorts up. And I put a really flash car up. And I pointed at it and sort of said that's my car and they kind of said. No it isn't, little things like that so you know sharing positive emotions. Yes um I think I'd be wary of showing a negative emotion

Interviewer

Sure, why would that be?

Participant

Well because of the situations some of them are in, I mean not all of the group that I have are asylum seekers you know we have 2 women from \_\_\_\_\_\_\_ .. And that is not a place they both go because their husbands are working here and they just want to improve their English I think the way that the place works is that some people pay, some people are funded through the \_\_\_\_\_\_\_ .or the \_\_\_\_\_\_\_ . so you can get people attending who are paying and some people who aren't but being aware that some of the people are from very difficult situations I think d be very wary of doing anything that might that doesn't particularly come over during classes. There aren't people who are visibly struggling but you know this is perhaps a diversion and that their everyday lives aren't all that easy. So I think I would definitely be reluctant to worry them anymore.

Interviewer

Of course, of course. And then I think my final emotion question is, have you ever stopped giving an emotional reaction when experiencing an issue in ESOL teaching?

Participant

Um no that that's never really arisen. Well sometimes they are using their phones to look up vocabulary for example or translate something they are saying something into it then show the phone so I think that is actually, that's quite ok. There is one of the younger ones whose on \_\_\_\_\_\_\_ .phone quite a lot. And you just sort of just look at \_\_\_\_\_\_\_ . and come on \_\_\_\_\_\_\_ .and one of the others, \_\_\_\_\_\_\_ . a bit \_\_\_\_\_\_\_ .and \_\_\_\_\_\_\_ . tends to if you get them talking in pairs \_\_\_\_\_\_\_ .will dominate and sometimes if you're getting sort of doing something around the class pictures on the wall and going round the class and getting each person to say what the picture is, \_\_\_\_\_\_\_ . will answer for them. So I've never I wouldn’t stop a lesson but I feel l know \_\_\_\_\_\_\_ . well enough to sort of say SHH! You know \_\_\_\_\_\_\_ .  make a bit of a joke of it but try and shut \_\_\_\_\_\_\_ . up because I know \_\_\_\_\_\_\_ . doing it to be helpful but it isn't always. So that but I don’t think I've ever stopped a lesson. Again well I'm sure there would be situations where you  have to but I can't I've never encountered one yet. I know once in a conversation class there was quite a \_\_\_\_\_\_\_ .\_\_\_\_\_\_\_ .\_\_\_\_\_\_\_ .and \_\_\_\_\_\_\_ . views on women were getting a bit unacceptable… well unacceptable in the context of being in the UK.

Interviewer

Yes

Participant

And I think that, if somebody is starting to say something that was difficult to hear then I probably would stop that then maybe explain to them later on why. But it's not really a risk

Interviewer

Yes. Yes of course these things do arise. So we have 2 more questions left. So my penultimate questions is, do you think your wellbeing or emotions may affect how you teach ESOL in any way?

Participant

I think it's bound to I think if you are not feeling particularly good it’s going to be harder to teach. If you’re lacking in energy or motivation or whatever it’s bound to affect your teaching. Although usually the positive feeling of being with the students I think can help with that.

Interviewer

Ok.

Participant

Early on before things were better organised, that was a lot harder because sometimes you know I really can't cope with all these random people turning up. That made it hard but now that seems certainly the class that I teach that seems to no longer be an issue so…

Interviewer

Yes. That's really good. So my final question, and it’s a kind of wrapping up question, is do you feel there's anything that needs to be added or you feel you wish had come up or just anything that you wanted to say more on about your wellbeing and emotions in ESOL teaching that you think might be important in any way?

Participant

\_\_\_\_\_\_\_ .Things like we have now got TV screens but when I did the CELTA course we had high tech intelligent screens where you could actually write on the screen. So if you were doing an exercise you could write on the screen. We've now got TV screen that you can put into your laptops that you can display your Powerpoint whatever. But the classrooms are quite crowded so it's difficult to do anything which involves people moving around because it simply isn't safe. You know it's not the idyllic situation that the CELTA course makes you think of. And I think a lot of people found when because a lot of the group I was with them in the trainings were working abroad and they found you don't have to have the high tech you've got to make the best of what you can.

Interviewer

Yes of course.

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