

Thirty Words, **30** Seconds

Thirty Words in 30 Seconds is a crowd-sourced project via Twitter, designed to provide **CPD advice** for teachers working in UK schools.



Image: [Stuart Webster](#)

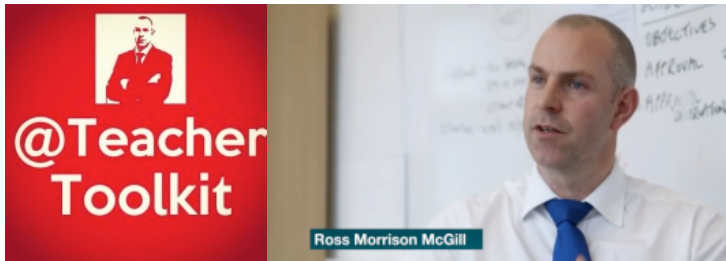
CPD advice doesn't need to be complicated ... it should be hot!

A free eBook by @TeacherToolkit

Thirty Words, 30 Seconds

In August 2014, [@TeacherToolkit](#) asked; what advice would you give to a fellow teacher, or someone starting out in the profession? The only criteria, was that the information was written in **less than thirty words** and could be shared **in less than 30 seconds**. Something that could be said on a corridor, before a meeting, or at the end of a dull training day!

Within 3 days, [@TeacherToolkit](#) had over 200 responses!



“The most significant action that has had a sustained impact on my professional development, including visiting other schools, is being observed and observing other teachers.” [@TeacherToolkit](#)

~ All contributors are attributed by page and also on page 178 ~

A free eBook by @TeacherToolkit

Thirty Words, **30** Seconds

“Don't compare yourself to others. All you can do is your best and continue to improve yourself. Above all remember it's all about the kids!”

CPD **advice** by @ eliz_wi

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Never be afraid to tell a child that their work is not good enough. Don't accept mediocrity - it is not a kindness. All learners can do better and improve.”

CPD **advice** by @_singsun

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“External training can be great, but 9 times out of 10, the expertise in your own school is better! Learn to talk and share; build trust and confidence.”

CPD **advice** by @1julie

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Watch others. Watch their manner, their questioning, their classroom management skills, their students in classrooms. Find colleagues whose classrooms welcome peer observation. Watch and talk about what you see.”

CPD **advice** by @al_ackof

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Remember you are the adult in the room. When a child is misbehaving it's easy to get into a battle to win. Stop. Breathe. Walk away. Refocus. Praise a working child.”

CPD **advice** by @aliarmlee

A free eBook by **@TeacherToolkit**

Thirty words, 30 seconds.

“Make time for yourself!”

CPD **advice** by @alice_mcennerney

A free eBook by @TeacherToolkit

Thirty words, **30** seconds.

"Constantly share ideas and resources. It will spark your enthusiasm. Ensure you use Twitter as a source of support and resource-sharing, it's a world-wide staffroom."

CPD **advice** by @amandasalt

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**“Observe teaching, listen and ask questions. How will I improve my practice?
What will work for the children I teach?
Why?”**

CPD **advice** by @AndreaWoodfall

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"As a secondary teacher, some of my best CPD was as a governor in a primary school. I learned from inspiring teaching and was able to focus on transition issues."

CPD **advice** by @AnnaLiseGordon

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Talk to colleagues about what happens in your classroom and what they do in theirs. Use twitter in a professional capacity to widen this conversation further. Share practice!”

CPD **advice** by @annaloualton

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Don't ever forget that every student in front of you is a real person with huge potential. Your job is to be a catalyst for goodness and greatness.”

CPD **advice** by @AnneSturgess2

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Remember the child; that's why you chose to do this job. Remember the child; even on THOSE days. Remember the child; you WILL make a difference.”

CPD **advice** by @anniegottago

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Do a TeachMeet; have one at break, lunch, after school, at the weekend. Share ideas and try the ones that suit you. Ignore the rest!”

CPD **advice** by @ashufflebotham

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**“Love your subject - never stop learning.
Love your kids - endlessly fascinating. Be
yourself - everyone else is taken. Most
important - don't take things too
personally!”**

CPD **advice** by @audrymaeve

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Get the children to care about you. If they care about you and what you think you will have them in the palm of your hands”

CPD **advice** by @awitheyman

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Find the time to reflect on, and question, all that you do. Despite what you might hear, nobody has all the answers. Take advice from those you come to respect.”

CPD **advice** by @beazeley

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Be yourself. If you try to copy someone else's style the kids will see straight through you. Pupils want to know who it is that's standing in front of them.”

CPD **advice** by @beccishaw

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Never stop asking questions, no matter how trivial they seem. Always seek a second opinion – don’t consider one person a fount of all knowledge. Remain enthusiastic, especially when facing adversity.”

CPD **advice** by @beingMissR

A free eBook by @TeacherToolkit

Thirty words, **30** seconds.

**“Develop your specification knowledge -
become an examiner. Be the expert!”**

CPD **advice** by @Benita_Business

A free eBook by @TeacherToolkit

Thirty words, **30** seconds.

“Never clock watch with "difficult" classes (hoping for time to pass). Enjoy the challenge of engaging them, motivating them and helping them to learn.”

CPD **advice** by @Benneypenyrheol

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“My advice on CPD; visit other schools, observe other professionals, get feedback from professionals whose opinion you value. Join Twitter to enhance your CPD, gain knowledge and exchange opinion.”

CPD **advice** by @berke_sarah

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Every child is someone's whole world, get to know them and their parents. Look for the positive; communicate positive messages home. There is always a reason behind negative behaviour.”

CPD **advice** by @berthoudmelody

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**"As teachers we learn from our past.
Having a written daily lesson plan opens
the opportunity the next year to make it
even better through modification utilising
the newest tools."**

CPD **advice** by @bmos

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Keep rhetoric (and politics) at a healthy distance from your pedagogy - challenge every "fact", record every success and watch and listen very, very carefully to the classroom artists!"

CPD **advice** by @bocks1

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“The greatest failure is not to try. Be consistent, resilient and remember you are also a learner”

CPD **advice** by @brownkatie

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Its not rocket science there's just loads to do; learn from others, get amongst it and have a sense of humour”

CPD **advice** by @business_rt

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Try some supply teaching! Not all schools are the same, and you learn some valuable skills along the way; great for networking.”

CPD **advice** by @captainrobs

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“When busy, 'favourite' all of those great tweets. When less busy, make a cup of tea and devour those great articles and links. Free professional development, in your own time.”

CPD **advice** by @carmelhealth

A free eBook by @TeacherToolkit

Thirty words, **30** seconds.

“Experiment. Don't be afraid to make mistakes. Do trial and error. But remember these are students with lives and parents, hopes and dreams, living their own lives. Help them succeed.”

CPD **advice** by @cazzwebbo

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Work hard to get discipline right from the start - it'll save lots of heartache later on.”

CPD **advice** by @Celticdamien

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**“Stop, look, listen, watch and be watched.
Be prepared and believe in yourself.”**

CPD **advice** by @chrisaridi1

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“In the age of distractions, you need to find ways to get your students outside! Plenty of physics, math and English classes should be taught outdoors. Now, go fly a kite! ;-)”

CPD **advice** by @classroomkites

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Let the children and your subject lead your development. Don't be blinded by the latest fad. Rigorously classroom proof any advice or resource.”

CPD **advice** by @clements_tom

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Become a Subject Mentor for ITT. Being observed at your best, keeps you at best. Observing new-comers also keeps ideas fresh - monkey see, monkey do (both for mentor and mentee).”

CPD **advice** by @cpd123abc

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Discuss lessons to a colleague - good bits, bad bits, bits when 'golden Q&A' occur. Even better, film your lesson and share a 3 minute extract as a starting point for discussion.”

CPD **advice** by @cpd123abc

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"The best departments inspected offered subject specific CPD - work on being an expert in your subject AND with teaching children. Read widely within and outside your subject."

CPD **advice** by @dave2004b

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Start as you mean to go on. Be consistent. Have routines! Model expectations, contact home be positive and inspiring! Try and see something positive in every lesson, child and situation. Enjoy!”

CPD **advice** by @daveakasarah

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Planning is important but nowhere more so that at the start of every lesson. Meet, greet and have an engager / do now task and set the tone!”

CPD **advice** by @daverankin1

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Take time to get to know your children in your class, find out their interests and how they learn. Enjoy learning with them, they may teach you something!”

CPD **advice** by @debhowells

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Read Dylan Wiliam and John Hattie, they will change the way you view your teaching. Use social media, don't be sceptical, it's the best free CPD available.”

CPD **advice** by @donnapg15

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Search on Youtube Carol Dweck's mindsets and promote it in school. Use it in your class. Encourage a growth or incremental mindset where all children can success through continued effort."

CPD **advice** by @DrewQuayle

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Newbies: Watch experienced practitioners, take someone with you to help deconstruct the lesson. Take every opportunity to collaborate and learn with others, be it blogs/books on education. READ.”

CPD **advice** by @Dubai_Teachmeet

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Find a mentor you trust. They might be in the next classroom, another school, or on social media. Reflect on the lessons that flop, celebrate the many small joys.”

CPD **advice** by @e_howson

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Constantly model your high standards to all your pupils; from dress to punctuality, to behaviour and your work ethic. Do that and students will constantly strive to meet your expectations.”

CPD **advice** by @eddiefalshaw

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Feeling that your ideas and input are valued, at school or online, inspires more research, creativity and effort. Helping to create this atmosphere is key to the best CPD!”

CPD **advice** by @eddiekayshun

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**“Remember: It's about the children.
Give yourself a day free of schoolwork ...
Laugh with colleagues as much as you can.
You are only human.”**

CPD **advice** by @EYFteach

A free eBook by **@TeacherToolkit**

Thirty words, 30 seconds.

"Never stop learning!"

CPD **advice** by @fabenglishteach

A free eBook by @TeacherToolkit

Thirty words, **30** seconds.

“Always be honest with your students. If you don't know, tell them - but then work together to find the answer or solution (especially with technology). Collaborate.”

CPD **advice** by @finch_lj

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Talk about 'what went well'! WWW in your lessons, others lessons, meetings or assemblies. Share ideas and keep evolving ... Don't be scared to say 'well done'.”

CPD **advice** by @food_teacher

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Speak to students about how they learn and more importantly act upon what they say. Maybe design mini questionnaires or ask for visual feedback. Enable students to have valuable input.”

CPD **advice** by @fredaggle

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Don't be afraid to take a risk. Try it, reflect, tweak and continue. This keeps you and your classes motivated. Then share your findings with others.”

CPD **advice** by @geogjo

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Listen to radio 4. It keeps you up to date with your subject, reviews most cultural events and you can multitask with everyday chores.”

CPD **advice** by @Gilotp39

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**“Be prepared! Make sure you always have a plan B. Share good practice! It saves time and encourages new ideas!
Ask the audience for feedback and get the students to plan for you!”**

CPD **advice** by @ginas_g

A free eBook by @TeacherToolkit

Thirty words, **30** seconds.

“Observe as many teachers as possible to galvanise what high expectations look like in practice. Then stick to them. Be kind and fair to everyone. Have a growth mindset.”

CPD **advice** by @Gymbosh

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Make sure you say hello to pupils when you see them outside of lessons/school. Especially the difficult ones.”

CPD **advice** by @HaganDr

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Cherrypick ideas from teachers around you. You can't be someone else, but you can learn from them. Contribute to school, don't spread yourself too thin. Teaching and learning comes first”

CPD **advice** by @halo2me

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“If things get too much, go for a walk during a free point in your day to clear you mind, or talk it through with someone. Don't bottle it up!”

CPD **advice** by @hannahlahmet

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Observe other teachers; get departments to plan together on cross-curricular aspects (literacy, etc); get action research triads to work over a 3 month period, then present results.”

CPD **advice** by @HeadGeog

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Try new things, be creative and if it doesn't work, adapt and try again. If you are excited about a lesson, the students will be too.”

CPD **advice** by @hecticteacher

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Work hard, prioritise, focus on outcomes for students and keep it simple. Work with students not against them.”

CPD **advice** by @hesslelabour

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Working together to improve teaching and learning is the most powerful tool. Socialisation and collaboration, when the focus and emphasis is about improving practice, it’s the way forward to success.”

CPD **advice** by @ianhirst101

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“You learned how to research and reflect on your practice, don't let that slip off your radar once employed. You are a catalyst; make life in school fun for all.”

CPD **advice** by @iantindal

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Make students know you care - then they'll work for you. If they work for you, then one day they might work for themselves.”

CPD **advice** by @IC_Teaching

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**“Inspire yourself through TED talks;
motivate yourself through Marshall
Goldsmith's MOJO book; develop yourself
by watching others teach; dare yourself to
try out something completely new each
week.”**

CPD **advice** by @ideasclass

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Be open to improvement, firstly through self reflection and taking on board all the good (and not so good) practice you see."

CPD **advice** by @ieuanprice

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Lead your own professional development. Feeling overwhelmed, exhausted, disempowered? Then take charge through research, blogs, tweets and reinvigorate with new ideas. Read, reflect, share.”

CPD **advice** by @irisgoran

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Never forget the basics. Have a seating plan. Set out your expectations and agree the rules. It shows that you are in control and ready to direct the class.”

CPD **advice** by @iTeachRE

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Since starting teaching in 1995 I always begin each new lesson with a smile, a deep breath and a genuine interest in the young people in front of me.”

CPD **advice** by @jackjem

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Show an interest in your subject, yet even more interest in students' learning. They may not agree with you, but they'll want to see what the fuss is all about!”

CPD **advice** by @jamesmith192

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Teaching is hugely rewarding and energising but it’s also tough. An important part of your professional and personal development is looking after yourself. You’ll be a better teacher for it!”

CPD **advice** by @jillberry102

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“You can always be a better teacher. Take advice. Learn new tricks. Be humble; you can learn from anyone young or old.”

CPD **advice** by @johnwilsonedu

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“All students will learn eventually. Our task is to never give up, but work hard to find and assist them in applying strategies that work best for them as learners.”

CPD **advice** by @JoPrestia

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Professional development can be found in everything you do as a teacher. By constant reflection you are always learning, which in turn makes you an even better teacher.”

CPD **advice** by @k8lw

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Open doors. Share good ideas, including professional dialogue in a non judgemental forum. What went well, even better if.. After all, we all need to keep up with the kids!”

CPD **advice** by @karendodd3

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Be happy, strong and laugh. Learn from everyone, organise, give verbal feedback pre-teach: with a head-start, not catch up. Make every child your favourite.”

CPD **advice** by @Karengedona

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**“Write down why you became a teacher,
keep it close, when feeling uninspired
remind yourself why you chose teaching.”**

CPD **advice** by @kcooney

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Create a notebook file for each day with prepared lessons. This is easy to revisit previous days learning and builds up each week.”

CPD **advice** by @kelly_juliette

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Identify and focus on one area of your practice for a week. Improve it.”

CPD **advice** by @kerrypulleyn

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Days out of school do not develop you; routines and self-reflection do. Read a book each term on learning and keep a journal.”

CPD **advice** by @kevinbilly18

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**“Read one article on teaching once a week,
that way you will continue to grow as a
professional.”**

CPD **advice** by @kriah

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Talk to colleagues about approaches to difficult teaching topics and students. Go and watch them, invite them to watch you. Keep it positive, add your own personality to their ideas.”

CPD **advice** by @LancingLearning

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Girls, always wear a scarf on Mondays because you classroom will be freezing!"

CPD **advice** by @lanclassrach

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Throw away the text book, teach from the heart and stay calm not matter what happens!”

CPD **advice** by @lanclassrach

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Twitter and tweet your ideas. Listen and observe others; report what goes well."

CPD **advice** by @LCCTutorKim

A free eBook by @TeacherToolkit

Thirty words, **30** seconds.

"Ask for help. Keep some time yourself each week. Don't beat yourself up when things go wrong; learn from it and move on. Get on Twitter for great CPD."

CPD **advice** by @LesleyMunro4

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Never stop learning. Read, listen, watch. Those really difficult times? That's when you learn the most. Seek challenges, ask questions, take risks. If you become bored, your students will too.”

CPD **advice** by @lisspeacock

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Listen, observe, take note. Any practice you see and hear, good and bad, will help you mould your practice. Then customise it for you and your class.”

CPD **advice** by @LittleGirlGoth

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Go to exam board feedback days and use the marked candidate responses to teach your students.

Mark them, improve them, then re-write."

CPD **advice** by @LizBPattison

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"I am entering my second year of teaching and the advice I would give, is don't be afraid to ask for help. It is wonderful what you can achieve."

CPD **advice** by @lukesow

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Drink plenty of water during the day, it really helps your concentration and the regular toilet breaks will give you a few much needed moments to have some "time out"!"

CPD **advice** by @macaroni_mum

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Best advice I've had, is that teaching is enabling your students to learn; ask yourself, have understood what you intended them to, and how do you know?”

CPD **advice** by @markabedford

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“The best CPD that has helped me to develop as a teacher is to work with other colleagues through exchanging and discussing fresh ideas. Learning from others has helped enormously.”

CPD **advice** by @matthewmoor3

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“After NQT year sometimes feedback practically disappears. Best advice to me was use student voice. Be brave, design good systems; enjoy discovering the positive and take criticism on the chin!”

CPD **advice** by @maxandtedteach

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Although it can be difficult at times and seem strange, get the students to work harder than you! Learning should be difficult and tiring!”

CPD **advice** by @mdearden79

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Watch your pupils being taught by your colleagues in other areas - you'll learn a lot about them.”

CPD **advice** by @MFelstead13Mark

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Use student voice/attitudinal surveys to inform your readings. Tell your class why you are trying these new strategies. Supports a classroom environment of mutual respect and models growth mindset.”

CPD **advice** by @miss_mclarenf1

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Use Twitter to share ideas and don't be afraid to try new ideas out in class, some will work for you, some won't!”

CPD **advice** by @missandersonpe

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Be you. Stand up for yourself and listen to those more experienced”

CPD **advice** by @missdenzil

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Focus on the positive and share with others all the amazing things you have done that day. We are creating a future that is exciting!”

CPD **advice** by @misshannahhist

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Having taught for more than 20 years, I have never stopped learning: from reflection, reading, students, parents and fellow workers of all job descriptions. Enjoy the creative process of planning.”

CPD **advice** by @MissKnott12

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Always create a seating plan. You set the tone straight away and it prevents lots of issues later on! I do boy-girls where possible. It is great for group work too.”

CPD **advice** by @misslambert28

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

""Eat your frog" (Brian Tracy) - Do the thing on your to-do list that you want to put off. You will feel so much better once it's done!"

CPD **advice** by @MissLFrosty

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Always remember; it's about what the pupils learn. Even when they don't learn they can still learn something from you. Be a roll model all of the time.”

CPD **advice** by @mr_n_wood

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Find out what the teachers, students and Ofsted want; what Hattie and EEF advise and what the finance manager can afford. Serve hot with humour, humility and chocolate biscuits.”

CPD **advice** by @mrlongdenextra

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Make eye contact with every student, every lesson and leave comments on 4 books per lesson to lighten the load.”

CPD **advice** by @mrsbuckle62

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Take charge! Look for extras that really interest you such as #teachmeet or webinars. Get involved and deliver CPD that you would want to go to.”

CPD **advice** by @mrsmaciver

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“CPD - only useful when it has a positive impact on your practice and/or the students learning. Always try new things, but always think about the impact on the learning!”

CPD **advice** by @mrtmaths

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Be organised, be prepared, be excited, be caring, be consistent, be fair, be thoughtful and reflective; be brave, be fallible, be a team player, be a learner and be a leader.”

CPD **advice** by @MsHJS

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“One good lesson does not make you a great teacher. One poor lesson does not make you a bad teacher. Keep on reflecting what went well, and even better if.”

CPD **advice** by @mthunder1

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Network, network, network at every opportunity. Use courses, inter-school staff meetings/training, and teachmeets to talk to others and share good practice.”

CPD **advice** by @nades359

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**“Take a genuine interest in your pupils.
Make each one of them your favourite.
Relationship building is crucial.”**

CPD **advice** by @NickchesterUTD

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Appropriate humour is BRILLIANT at de-escalating difficult situations. It's impossible to be angry and laugh at the same time. I work in a PRU; it's my most used tool.”

CPD **advice** by @NickchesterUTD

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Stay professional. You are on stage AT ALL TIMES. Role model preferred behaviour and school rules even when in staff room and on break. Walk the talk!”

CPD **advice** by @NickchesterUTD

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Forge professional networks both in person and online. Peers are an invaluable resource when you need inspiration, feedback, support and empathy. Coaching and mentoring are more formalised peer support tools.”

CPD **advice** by @NickyCHawkins

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Remember why you wanted to be a teacher and what you worked for. Stay in control and remember to enjoy yourself. If you’re happy, your students are happy.”

CPD **advice** by @nicolajoyce4

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Establish a welcoming classroom environment in which children, in addition to a feeling of belonging, have a sense of ownership. Begin on day one by sharing and displaying their work.”

CPD **advice** by @NorahColvin

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Don't sweat the small stuff. Let students know you are in charge but keep them 'on side' as much as possible without losing authority. In other words be fair, firm and friendly.”

CPD **advice** by @OlutiLola

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**“Respect yourself, students, parents and colleagues. Show compassion but do not be a doormat.
Laugh. Grimace. Cry.
Know your students. Know your subject.
Be willing to learn something new everyday.”**

CPD **advice** by @orangeteacher

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Constantly look at and evaluate how your school leaders operate. What are their strengths and how could they improve? It helps develop your own leadership style.”

CPD **advice** by @PairandShare

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Take control of your own development. Don't expect others to provide it! Watch loads of teaching, always with others and milk Twitter for all it is worth!”

CPD **advice** by @paulgarvey4

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**“Please,
do join us for
lunch in the staff room.”**

CPD **advice** by @pcoutas

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Before you do anything (planning, marking, teaching), think: Will this contribute to the learning of my students? If it won't, it's a waste of your energy and impacts on your ability.”

CPD **advice** by @primary1teacher

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Before you can begin to teach, build your relationships with your students and their parents. When a child loves their teacher, they will follow and lead anywhere the teacher needs to go.”

CPD **advice** by @principalGNSJS

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Be willing to share your good practise, classroom and expertise. The more you enjoy teaching, the more people will want to share it with you.”

CPD **advice** by @priteachmrs

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“We get so caught up in ticking boxes and assessing, that it's easy to forget that we are working with kids. Remember to teach the children, not just the content.”

CPD **advice** by @prufraiser

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Be open and honest about your areas to improve. Face them square on, make a plan and evaluate when it is time. Reflect honestly and then plan challenging targets again!”

CPD **advice** by @pruman21

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Observe and be observed by a trusted coach who will give constructive feedback. Look at different departments and plan collaboratively. Save time, share expertise.”

CPD **advice** by @purplehelljam

Thirty words, **30** seconds.

“There's no such thing as an outstanding teacher. It's a myth. Every teacher is different. Love your subject, collaborate with colleagues, get to know the kids and try your best.”

CPD **advice** by @ReynoldsBSGD

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Have high expectations. Do not accept poor behaviour, discourtesy or lack of engagement as an 'occupational hazard'. Be resilient and thoughtful in addressing these issues. Observe experienced teachers."

CPD **advice** by @rkclancy

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Show the kids you care. Nothing is more powerful than having a positive role model. Believe you are it. Believe you can make a difference. You can”

CPD **advice** by @rlj1981

Thirty words, **30** seconds.

**"Make it relevant, make it concise and developmental. Ask yourself;
'Does it push you in the right direction?'
'Does it cater for your strengths?'
'Is it specific to your needs?'"**

CPD **advice** by @robertsniomi

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Teaching - from NQT to SLT - is a management role. And good management - more than planning or data - is about daring to listen to people and respond to what they're saying.”

CPD **advice** by @robinjmarsden

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Remember that we learn by doing: not by being told. Try to turn learning experiences into active ones where learning is discovered and then exploited through quality reflection and questioning.”

CPD **advice** by @ruthstimpson

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Ally yourself with 'radiators' (colleagues who project enthusiasm and an ongoing commitment to developing their teaching expertise) whilst avoiding the 'psychic vampires' (staff who moan about students and the school).”

CPD **advice** by @sgort100

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Question pupils to monitor progress. This will help you build on prior knowledge rather than testing what is already known. Planning and preparation are key.”

CPD **advice** by @SheinaWright

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Make it simple, clear, consistent, robust, assessable, and realistic to implement given workload. Make sure it is reviewed honestly by all, at a date agreed at end of CPD."

CPD **advice** by @simondis

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Know your strengths: share them and teach to them. Know your weaknesses: don't avoid them - observe colleagues to help you improve upon them. Remember: it's the students that matter."

CPD **advice** by @SJHG28

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Listen to your gut, but don't let pride, your desire to be "cool," or your memories of how teaching and learning "used to be" stop you from taking unconventional advice."

CPD **advice** by @spedtools

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Read something, an article relating to your subject area (T&L/Research) everyday and talk to someone about it. You may meet some opposition but you will keep learning.”

CPD **advice** by @SporterEdu

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Get to know your students as people and create a positive classroom culture of empathy and respect. Make the learning experience as engaging and purposeful as possible for your students.”

CPD **advice** by @steacym

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Take ownership of your classroom, develop relationships and partnerships, be enterprising, be open to ideas and change, take opportunities to step outside your comfort zone and most importantly never stop learning.”

CPD **advice** by @Stephen_Logan

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**“Listen, read, watch and learn everywhere
you go. Be positive about new ideas.
Respect all stakeholders as sources of
ideas. Listen to your students.
You cannot know it all.”**

CPD **advice** by @stephendrew72

A free eBook by @TeacherToolkit

Thirty words, **30** seconds.

“Learn to develop relationships effectively. Read, discuss, talk with colleagues. To gain trust you must be respected. Respect comes from high expectations and hard work, for and from all.”

CPD **advice** by @stowdawn

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Be prepared to be world famous. Immerse yourself in worldly networking. Immerse your students in rich worldly tasks. The days of students sitting at their desks keeping quiet are dead.”

CPD **advice** by @Sullivan_scotty

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Tell the children that they are the best that you have ever taught, even if they are not. Don't be afraid to show the children the real you!”

CPD **advice** by @sunnyfieldsmrr

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Never stop loving your subject. Keep learning, read the news (and bring it to the classroom); blog, tweet, go to a lecture, read a book ... Nothing is a substitute for enthusiasm."

CPD **advice** by @TalkingDonkeyRE

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Get out to other schools and see what they are up to. Take their best ideas. Adapt. Innovate. Embed. Every school has something great worth seeing!”

CPD **advice** by @tambotaylor

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Show your students that you truly care about them. If they don't think you care about them, they don't care about your lessons."

CPD **advice** by @TammieMatos

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Get into as many classrooms as possible. In the first instance, build a repertoire of techniques by observing others putting them into action; your personal style will develop with time.”

CPD **advice** by @TandLteam_myton

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Don't try and 'copy' another teacher. Take bits, yes, but trying to do everything that he/she is doing which works for him/her, may not work as well for you.”

CPD **advice** by @teach2infinity

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Spend time doing the things that REALLY matter. Keep things in perspective. Remember what a privilege this job is and make enjoying learning a priority; for you and the children."

CPD **advice** by @teacherstaples

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Smile, laugh, dance and relax. Teaching and learning is all about relationships. It's about the future. It's about sharing. As you open the door, don't forget to keep breathing. Good luck."

CPD **advice** by @theshortt

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**“Do not be scared to try something
different.”**

CPD **advice** by @thirtyways

A free eBook by @TeacherToolkit

Thirty words, **30** seconds.

“Talk to others about your work. Be human; talk to students about their lives and the real world. Watch other teachers as much as possible.”

CPD **advice** by @thisiseducation

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Observe and learn from as many different people as possible. Note the different techniques and try them out. Become an individual not an imitation of one style/colleague.”

CPD **advice** by @travelgeordie

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Get on top of your marking. Mark 3/4 books every day. Know what they are doing, not what you think they are doing!"

CPD **advice** by @treesy99

A free eBook by @TeacherToolkit

Thirty words, **30** seconds.

“Enthuse in the classroom; value your pupils as individuals who are worth getting to know. Turn up every day, expecting to learn, and smile lots before Christmas.”

CPD **advice** by @trekkiep

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Never underestimate the power of smiling. A smile sparks a relationship and education is all about this. Build positive relationships with all. Get this right and everything else comes easier.”

CPD **advice** by @TrulyMands

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Know you can't do it all. Talk to people, share frustrations. Be open to learn and be ready for things you hadn't expected to add to your workload - prioritise, rest.”

CPD **advice** by @walshsmile

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Don't be put off by failure. If you believe in it, you'll discover how to make it work. Success comes from trying things more than once, getting feedback each time.”

CPD **advice** by @WatsEd

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"You will mess up. It's a great thing; embrace it! Share how and why you've messed up with colleagues you trust and the conversation will help you both develop further."

CPD **advice** by @WellacreTL

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

**“CPD is information learning and sharing,
NOT simply giving. Make sure your
participants enjoy a MEAL by taking
something away that they can Modify,
Experience, Appreciate and Learn from.”**

CPD **advice** by @wilkinsonw10

A free eBook by @TeacherToolkit

Thirty words, **30** seconds.

“Put knowing girls and boys by person outside the classroom above all else. Let them know you are interested in who they are and their welfare. Have high expectations of each and every one.”

CPD **advice** by @eheadmaster

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Get to know your kids.

Find creative ways to give each one some 1-1 time. Listen to their stories; the `stuff` in their lives. They`ll love you for it."

CPD **advice** by frelanderchris@hotmail.co.uk

A free eBook by **@TeacherToolkit**

Thirty words, 30 seconds.

**“Know your students as well as you
possibly can.”**

CPD advice by @gbremote

A free eBook by @TeacherToolkit

Thirty words, **30** seconds.

“Be brave, positive and consider the impact upon your students. Consider your capacity to engage and deliver; collaborate with others. Smile and keep it all in perspective.”

CPD **advice** by @DHSBProctor

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"I have learnt more from linking up with inspirational teachers on Twitter - the ideas, and the support you can learn, exactly when YOU wish and at your speed!"

CPD **advice** by #Unknown

Thirty words, **30** seconds.

“Remember how much experience and knowledge exists within a single school and look for opportunities to share this: lesson study, peer observations, team planning...”

CPD **advice** by Mrdmeyer

Thirty words, **30** seconds.

“Observations help, sharing good resources and using subject specific forums is great for advice. An annotated Powerpoint / seating plan with data saves time, rather than a full lesson plan.”

CPD **advice** by @KCook_History

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Ask secret questions of what you find challenging. Seek answers through internet research and colleagues. Apply ideas, evaluate and refine. Create a bank of your trusty ideas and share!"

CPD **advice** by @mizzy999

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Fake it until you can make it'. Your confidence will grow daily and you will eventually become the teacher/leader/staff member you aspire to be. Believe in yourself."

CPD **advice** by @NickchesterUTD

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

“Everyone in a school can make a difference to your day. Office staff, canteen staff, the kids, fellow teachers etc. So try to smile and always say thanks!”

CPD **advice** by @nowmrsbeattie

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Be brave and film yourself. Analyse the video with a colleague you trust and respect. Do it at the start of the year, set an improvement target, then do it again later in the year."

CPD **advice** by @sarahtodd10

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Always be prepared for things not to go to plan. Sometimes the best ideas are those which happen by mistake or in response a disastrous lesson (or part of it)!"

CPD **advice** by @vickiteaches

A free eBook by **@TeacherToolkit**

Thirty words, **30** seconds.

"Enjoy, enjoy and enjoy.

**Every day you are making a positive
difference to a child's life."**

CPD **advice by Wendy Talbot @Loo9**

A free CPD resource by @TeacherToolkit

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@cazzwebbo	@johnwilsonedu	@orangeteacher	@WellacreTL
@Celticdamien	@JoPrestia	@PairandShare	@wilkinson10
@chriscaridi1	@k8lw	@paulgarvey4	eheadmaster@
@classroomkites	@karendodd3	@pcoutas	freelanderchris@hotmail..co.uk
@clements_tom	@Karengorgegedona	@primary1teacher	gb@gbremote
@cpd123abc	@kcooney	@principalGNSJS	Kevin Mitchell @DHSBProctor
@dave2004b	@kelly_juliette	@priteachmrs	Lamb_heart_tea
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@donnapg15	@lagoyianni	@ReynoldsBSGD	nayna@mizzy999
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Thank you.

Thirty Words, 30 Seconds.

Thirty Words, **30** Seconds.

~ This is a **FREE** resource ~

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