



Trainee self-assessment of needs and reasonable adjustments

This self-assessment activity can be done by you to help you prepare for your Personal Support Plan meetings with your Professional Lead. You can update it as the year goes on, before each review meeting. You do not necessarily need to share this document with anyone – it is a planning and review tool for your own use.

What specific aspects do I find difficult to manage? What are the barriers I am coping with?								
Specific aspect & how is this affecting me?		How often does this impact on me?		On a scale of 0 (not at all) to 10 (the most) how much might this aspect affect me as a trainee teacher?				
1		<i>Rarely</i>	<i>Regularly</i>	1	2	3	4	5
		<i>Frequently</i>	<i>All the time</i>	6	7	8	9	10
2		<i>Rarely</i>	<i>Regularly</i>	1	2	3	4	5
		<i>Frequently</i>	<i>All the time</i>	6	7	8	9	10
3		<i>Rarely</i>	<i>Regularly</i>	1	2	3	4	5
		<i>Frequently</i>	<i>All the time</i>	6	7	8	9	10
The questions above are subjective and designed to record how you feel about your learning needs during the ITT course, not how others may assess you. Your answers may differ over time, so it is important to review this section regularly. Add more lines if needed.								
Consider the aspects identified above that impact on you the most, consider what strategies or adaptations might reduce this impact and record it below. Leave boxes blank if they are not relevant.								
Areas for possible adaptation								
		Adaptations required						
Transport arrangements								
Work environment (eg: accessibility, sensory, visual aids)								
Assistive technologies (eg: software, screen readers, alternative input devices, communication aids)								
Access to materials/resources								

Format of materials/ resources	
Working hours and arrangements (eg: flexibility with start/finish times, remote working options, rest breaks, reduced timetable)	
Workload planning	
Supportive practices (eg: clear and consistent communication, plain language, visual schedules, written instructions, regular check-ins to ensure understanding and comfort)	
Other (eg: physical movement, manual handling, allergy awareness, medication, medical needs)	
Who could support you and how	
Team around you: People who could support you	Forms of support which may be helpful

Strengths	
Things you are good at and that interest you (<i>this could be personal or professional</i>).	How might these benefit or support you in your teacher training?

While GITEP SCITT and our partner schools are committed to making reasonable adjustments to support trainee teachers with SEND, health conditions, or personal circumstances, it is important to acknowledge the inherent demands of the ITT course and the teaching profession.

The nature of teaching—such as classroom supervision, curriculum delivery, and pupil safeguarding—may limit the extent to which certain adaptations can be made. Therefore, any adjustments must be considered within this context and the operational requirements of the school.

We will work collaboratively to identify practical, reasonable solutions that support inclusion while maintaining educational standards and pupil welfare.

This self-assessment is owned by you. It should enable you to share your strategies for managing your learning needs with those around you, but it is your decision whether to share this document and it cannot be shared by others without your express permission.