

# Self-Reflection Questionnaire



*"Preventing teachers' burnout in primary schools"*  
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By answering the following questions, you will be able to consider how your work affects you and what actions you can take to better cope with the challenges you face at work.

### Workload

**1. How many hours a week do you work (consider not only teaching lessons, but also all other responsibilities, e.g., grading assignments, preparing for lessons)?**

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**2. Do you lack the time to manage all your work duties?**

- never
- sometimes
- often
- very often
- constantly

**3. What duties burden you the most?**

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**4. What actions can you take to make your duties less burdensome (if applicable)?**

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### Job satisfaction

**1. How would you rate your job satisfaction?**

- I am satisfied
- I am moderately satisfied
- I am dissatisfied

**2. What do you like most about your job?**

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**3. What do you like least about your job?**

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**4. Do you feel appreciated by your supervisors?**

- Yes
- No

**5. Do you feel appreciated by your students?**

- Yes
- No

**6. Do you think your work is meaningful?**

- yes
- no

**7. Are you thinking about leaving the teaching profession?**

- yes
- no
- I sometimes consider it

**8. What can you do to increase your job satisfaction (if applicable)?**

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**Stress**

**1. How often do you feel stressed about your job?**

- often
- sometimes
- rarely
- never

**2. What are the main causes of stress at your job (if applicable)?**

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**3. Do you experience recurring symptoms of stress, such as:**

- Anxiety (yes/no)
- Irritability (yes/no)
- Fatigue (yes/no)
- Sleep problems (yes/no)
- Difficulty concentrating (yes/no)
- Somatic symptoms of stress, e.g., stomachaches, headaches (yes/no)
- Feelings of sadness or hopelessness (yes/no)

#### 4. What can you do to improve your well-being (if applicable)?

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##### Support from your environment

##### 1. Do you have anyone to talk to about your difficulties?

- Yes
- No

##### 2. Do your supervisors support you?

- Yes
- No

##### 3. Do other people you work with support you?

- Yes
- No

##### 4. What actions can you take to gain more support from those around you (if applicable)?

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##### Expert Support

##### 1. Would training to improve your personal skills be beneficial for you?

- Yes
- No

##### If so, what skills would you like to develop:

- coping with stress, (yes/no)
- recognizing your own resources and deficits related to your teaching competencies, (yes/no)
- and setting goals accordingly, (yes/no)
- taking care of your self-esteem, (yes/no)
- agency, (yes/no)
- recognizing and managing emotions, (yes/no)
- time management (yes/no)

##### 2. Would training to improve your social skills be beneficial for you?

- Yes
- No

**If so, what skills would you like to develop:**

- collaborating with parents and teaching staff, (yes/no)
- resolving conflicts, (yes/no)
- assertiveness and effective communication (yes/no)

**3. Do you think that individual consultations with a Burnout Expert could have a beneficial impact on coping with the difficulties you face at work?**

- Yes
- No

**4. Do you feel your workload is so heavy that you need support from an expert outside of school, such as a psychologist or psychotherapist?**

- Yes
- No

**5. What steps should you take to obtain expert support (if applicable)?**

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